



# Client Consultation Form

Client Information and Consent

Name

DOB

Occupation

Address

City

Postcode

Phone

Email

Marital Status

Preferred Contact Method ☐ Phone ☐ Text ☐ Email

Child Information

Are you inquiring about your own child/children? ☐ Yes ☐ No

What is your relationship to the child/children?

☐ Mother ☐ Father ☐ Grandparent ☐ Guardian

How many children? \_\_\_\_\_

What are the children’s ages \_\_\_\_\_

Coaching Intentions & Background

What inspired you to seek parent coaching?

What specific challenges are you facing in parenting?

What are your top three goals for this coaching programme?

What is your current parenting style?

- ☐ Authoritative: Balanced and Supportive
- ☐ Authoritarian: Strict and Controlling
- ☐ Permissive: Lenient and Indulgent
- ☐ Uninvolved: Detached and Neglectful
- ☐ Not sure / Exploring new parenting approaches

What are your strengths as a parent?

What areas of parenting do you feel you struggle with the most?

Are there specific behaviours with your child/children that concern you?

How does your child/children typically respond to your parenting strategies?

Have you tried any strategies to help? If so, what were the results?

Do any of your children need additional support (special needs, disability)?

☐ Yes ☐ No

## Support Systems

Do you have a support system in place (family, friends, community resources)?

☐ Yes ☐ No

If yes, how do they support you in your parenting journey?

Are you currently working with any other professionals (e.g. therapist, teacher, counselor)?

☐ Yes ☐ No

If yes, please specify:

## Logistics & Preferences

What days and times work best for you? Please provide 3 options:

What part of the day do you feel most energised?

- ☐ Early Morning (awake before everyone)
- ☐ Morning (awake with everyone)
- ☐ Afternoon (moving with the flow)
- ☐ Evening (home with the family)

Would you prefer our initial session:

☐ In Person ☐ On the Phone

Is there anything else you'd like me to know about your family, goals, or situation?

## Parenting Focus Areas

What parenting challenges do you struggle with the most? (select all that apply)

- ☐ Managing tantrums and emotional outbursts
- ☐ Setting and enforcing boundaries
- ☐ Improving communication with my child/children
- ☐ Helping with school and responsibilities
- ☐ Dealing with sibling conflicts
- ☐ Balancing discipline with nurturing
- ☐ Building confidence and self-esteem
- ☐ Parenting anxious or worried children
- ☐ Bedtime and sleep routines
- ☐ Encouraging healthy eating habits
- ☐ Finding energy or patience for consistent parenting
- ☐ Other: \_\_\_\_\_

What age group(s) do you need parenting support for?

- ☐ Toddlers (2–5 years)
- ☐ School-aged children (6–12 years)
- ☐ Teenagers (13–18 years)

How confident do you feel in your parenting skills?

- ☐ Very confident
- ☐ Somewhat confident
- ☐ Neutral
- ☐ Somewhat unsure
- ☐ Very unsure

How do you currently handle discipline in your home? (select all that apply)

- ☐ Time-outs / non-punishing consequences
- ☐ Reward systems / positive reinforcement
- ☐ Taking away privileges
- ☐ Smacking or physical discipline
- ☐ I struggle and need guidance
- ☐ Avoidance or ignoring the issues
- ☐ Other: \_\_\_\_\_

Preferred format for parenting support:

- ☐ One-on-One Coaching
- ☐ Small Group Sessions (max 4 parents)
- ☐ Group Information Sessions
- ☐ A combination of these

## Pricing

Initial Consultation (60 minutes - one off session) \$80

Focusing on your intake form with detailed discussion on the best coaching option for you and your family. Opportunity to debrief and expand on the situations you are struggling with as a parent. Planning goals and setting you up for success.

## One-on-One Packages

One-on-One Parent Coaching session (60 min/session) \$130

Focused Coaching on immediate challenges. Personalised strategies and resources.

Nurture Package (60 min/weekly or fortnightly session - 3 weeks or 6 weeks) \$360

Address one or two key parenting challenges. Practical Tools for immediate implication. Email support between sessions.

Abundance Package (60 min/weekly or fortnightly session - 6 weeks or 12 weeks) \$720

This package is designed to take your parenting skills to the next level, covering: nutrition, sleep, routines and the teaching of two parenting strategies. Abundance is a wholesome package that covers all the foundations of parenting. Email support between sessions.

Chaos to Calm Package (60 min/weekly session - 12 weeks) \$1,440

My most comprehensive package that offers lasting transformation for your family. Focusing on achieving long-term parenting goals and establishing new habits. This package will start with mastering the foundation of coaching you how to find a balanced parenting life and grow with you depending on your individual family needs. Email support between sessions.

Small Group Session Workshops - Group of 4 Parents (maximum)

Foundation Workshop - (90 min/6 sessions fortnightly over a 12 week timeframe) \$360 per person

This workshop covers the topics of nutrition, sleep, routines and I will coach you through two parenting strategies. This will be an interactive and sharing setting where the group learns from and supports each other. A nurturing experience that you share with other families or with a few friends.

I can add in specific topics you would like covered, use parenting worksheets and utilise role playing exercises.

Group Information Sessions - \$20 per person

These will be advertised and run at different venues through the Waikato. Keep an eye out for these on my website and social media pages

[www.abundancebyrel.co.nz](http://www.abundancebyrel.co.nz)

@abundancebyrel

My first information session will cover the foundations of parenting, including topics such as the importance of nutrition, sleep and having routines. Attending these sessions will give you a snippet of what we can work on together to support your parenting.

Please note these are done in a group setting and are not interactive or sharing, only informative so I can share with you a small part of how I can help. If you would like coaching/advice/feedback please book an initial consultation to get you started.

How did you find out about my services? (list and tick)

Social Media

Search Engine

Referred from family/friend

Other

Would you like to subscribe to my newsletter? Yes No

## **Disclaimer & Terms of Engagement**

Nature of Services

Life and Parent coaching is a professional relationship that is designed to support you in identifying and achieving personal, professional, or wellness goals. Coaching may involve exploring values, clarifying intentions, setting goals, developing strategies, and identifying blocks to progress. It is a process of inquiry, reflection, and action.

Please note:

- Life and Parent coaching is not therapy, counselling, or a substitute for mental health care.
- Life and Parent Coaching does not treat or diagnose medical or psychological conditions.

- If you are experiencing mental health concerns for yourself or any member of your family,, you are encouraged to seek appropriate support from a licensed healthcare provider.

### Confidentiality

All personal information shared during coaching sessions will be treated as confidential and will not be disclosed to any third party without your written consent, except where required by New Zealand law (e.g., risk of harm to self or others, court order).

### Commitment and Responsibility

Coaching is a collaborative process. You, the client, are responsible for your own decisions, actions, and outcomes. Your level of progress will depend on your commitment to the process and your willingness to engage with the tools and strategies offered. The client retains full responsibility for how they choose to apply this information in their parenting and life.

You agree to:

- Attend scheduled sessions on time and to be prepared.
- Communicate openly and honestly.
- Take responsibility for implementing agreed actions outside of sessions.

The coach agrees to:

- Provide a safe, respectful, and supportive space.
- Maintain professional boundaries and uphold ethical standards.
- Offer guidance, feedback, and accountability as appropriate.

### Session Cancellations and Rescheduling

Please provide at least 24 hours' notice if you need to cancel or reschedule a session.

Sessions cancelled with less than 24 hours' notice may be charged in full at the discretion of the coach. If the coach needs to cancel or reschedule, reasonable notice will be given, and the session will be rebooked at no additional cost to the client. Missed sessions without prior notice will be charged as per agreement.

### Fees and Payment

All fees for one-on-one coaching sessions are to be paid upfront as full payment in advance before the first coaching session.

Payment plans are available upon request and agreement, at the discretion of Abundance by Rel. Late or unpaid invoices may result in the suspension of coaching services until payment is received. Late or unpaid invoices will incur a 10% late penalty fee.

## Intellectual Property

All materials, worksheets, and content provided by the Coach are the intellectual property of Abundance by Rel and are for the clients personal use only. They may not be shared, reproduced, or distributed without explicit written consent.

## Results and Guarantees

Every effort will be made to support your progress and personal development.

However, no specific outcomes or results can be guaranteed, as they depend on many factors including your commitment, choices, and circumstances. The Client understands that personal growth and change as an individual and/or as a family are a unique process and results will vary.

## Acknowledgement

By signing below, you acknowledge that:

- You have read, understood, and agreed to the above terms.
- You understand the scope of life coaching and its distinctions from mental health services.
- You enter into the coaching relationship voluntarily and are fully responsible for your wellbeing during the coaching process and thereafter.

Client Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_