

## BLOOM WITH MARY – FREE ACTION SESSION PREPARATION FORM

To make the most of your free 45-minute session with me, it would be helpful for me to have some information about yourself, plus it would be helpful for you to think about what you want to get from this session.

I need basic contact information, and I wish to provide reassurance that I am offering a **professional, confidential** 1-to-1 coaching service.

Therefore, please complete and return this form to me at [mary@bloomwithmary.co.uk](mailto:mary@bloomwithmary.co.uk) as soon as possible, but at least **two days before our first session**. If you have any questions or concerns then please ask.

### Personal Details

Name:	Address:
Mobile number:	
Home number:	
Email address:	Today's date:

My signature (written or typed) below confirms that I have read and understood the information in the FAQs on the 'Work with me' page of my website, particularly that:  
 \* I will provide 24 hours' notice of cancellation or re-scheduling otherwise my session will be chargeable @ £125.

\* I understand that Bloom with Mary will not diagnose or treat specific conditions and that I will seek approval from my healthcare practitioner before embarking upon any lifestyle changes.

Signed:

### Personal info Consent – please initial both boxes

<p>I consent to my personal information being securely stored and used by Bloom with Mary solely for the purpose of providing coaching services. My details will not be shared with any third parties, except in the following circumstances (as outlined in the Association for Coaching's Code of Ethics): where required by law, disclosure of illegal activity, danger to self, and anonymously during my Supervision sessions which themselves are confidential.</p> <p>If you have any questions about confidentiality or security of your data, please discuss with me first to ensure you are comfortable with our arrangements.</p>		<p>I would like to receive updates from Bloom with Mary, which I can choose to unsubscribe from any time</p>	
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What is the most important thing you want to get from your free Action Session?

**Menopause/perimenopause symptom assessment –**

Please indicate the severity of your symptoms:

	None/little	Mildly troubled	Moderated troubled	Severely troubled	Comments
<b>Physical symptoms:</b>					
Hot flushes/night sweats					
Fatigue/energy fluctuations					
Difficulty sleeping/disturbed sleep					
Weight gain/body shape changes					
Vaginal dryness/loss of libido					
Hair thinning/loss					
Skin problems					
Joint pains					
<b>Emotional &amp; mental symptoms:</b>					
Mood swings					
Depression					
Anxiety/panic attacks					
Low confidence					
Irritability					
Memory lapses/brain fog					
Difficulty concentrating					
Feelings of loss of self					
Changes in relationships					
Concerns for the future					

### Lifestyle assessment –

Please score each aspect of your lifestyle between 1 & 10 –

**10** = 'I'm **very happy** with what I'm doing in this aspect and I don't feel any changes would have any impact on my wellbeing'

**1** = 'I am **very unhappy** with what I'm doing in this aspect and I believe that I could improve my wellbeing significantly if I were to make changes here'

	Score between 1 & 10	Comments
Daily movement, exercise, fitness etc		
Weight/ body image/ shape		
Food, diet, eating, cravings, alcohol, sugar etc		
Sleep – amount, quantity Sleep routines		
Relaxation, 'me time', stress management, work/life balance		
Emotional/ mental health Depression, anxieties		
Purpose/meaning of your life,		
Friends/family Community/ spirituality		

Do you use essential oils? If not, would you be interested in knowing more about their therapeutic benefits and how they might be able to help you?

Thank you – and please remember to return to [mary@bloomwithmary.co.uk](mailto:mary@bloomwithmary.co.uk) at least two days before your session.