



## Wellness & Peak Performance Sessions

[www.vitalitylivingcollege.info](http://www.vitalitylivingcollege.info)

### WHATSAPP SAMPLE MESSAGES

#### INTAKE FORM

**TRANSFORMATION PROGRAM INTAKE FORM** *for one to one therapy, coaching and wellness sessions*

Name:  
Date of Birth:  
Email address:  
Phone number:  
Relationship status:  
Profession/job:

**1. What are the areas you would like to explore during your transformation program?** *For example problems you would like to solve or heal, any goals you desire or outcomes you want.*

**2. What are the 3 most important changes you would like to make in your life?**

**3. What prevents you from making these changes?**

**4. Answer only if relevant: What have you done so far to solve the problem or reach the goal or outcome?**

*What has worked and what has not worked?*

**5. How will you know you have made these changes?**

**6. What are the priorities you would like to focus on during the Transformation program? (list top 3 in order)**

**7. What are your expectations from your coach/practitioner?**

**8. On a scale of 1 to 10 how committed are you to achieving the results and changes you desire?**

(10 being fully committed, 1 being not at all)

**9. Any other information (for example information from medical professionals and healthcare specialists)**

*By means of your signature below you understand that these sessions are not a replacement for medical or mental health treatment. If you need this support please seek out help to get diagnosis and treatment. In addition you are consenting to receiving consultations with coaching, NLP, EFT Tapping, The Journey, Intuitive energy work & Hypnosis. You also understand your sessions are private and confidential and your information will be kept on file in a safe and secure place*

Signed:  
Date:

**You can type your full name which can act as your signature.** 9:33 AM ✓



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### APPOINTMENT LETTER

Date

Dear [NAME]

I am delighted to confirm your appointment as follows:

Date & Time:

Location: Via zoom, <https://us04web.zoom.us/j/9216617328>, Password: nlpmaster

I am looking forward to being part of your transformation & healing journey.

Sessions last upto an hour and the first session can last upto 1 hour 15 minutes, but please put aside 1 hour and a half.

You might need to take some time out for yourself after we finish our session. In addition, you might find that you need to drink more water than normal on the day of our sessions. For our session have some water and tissues with you.

Here are some points along with the disclaimer and informed consent in preparation for your session, <https://vitalitylivingcollege.info/one-to-one-sessions/>.

\_Please read the disclaimer prior to attending the session as attendance of the session means that you have understood this and are in alignment. \_

We agreed a program of 6 sessions at £1000 and you secured my special package at £900 payable in full on the day of our first session. Payment can be made by the various options below.

I will be meditating prior to the appointment and will connect with on zoom for our appointment.

Warm wishes

Rangana

7:30 PM ✓

#### Payment Options - International Sessions

Credit Card: <https://vitalityliving.thrivecart.com/one-to-one-sessions-6-sessions-package/>

Bank Transfer:

Account name: Rangana Choudhuri

Branch Identifier code: MIDLGB2162L

Sort code: 40-46-10

Account number: 31461656

Bank Address: 122 Wembley Park Drive, Wembley Park, Middlesex HA9 8HT, UK

PayPal: [vitality@vitality-living.com](mailto:vitality@vitality-living.com)

7:30 PM ✓

**Vitality Living™. Healthier, Happier and Content**

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