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Welcome to Elevate with Eva Life Coaching

Eva Purcell is the heart behind Elevate with Eva Life Coaching, where she helps individuals reconnect with their strength, purpose, and inner peace. Through a compassionate and supportive approach, Eva provides a safe space for individuals, young adults, children, and families to grow, reflect, and move forward with confidence. If you ever feel like you just need someone to talk to, she is here for you.

Coaching Agreement

Free Consultation: A complimentary 15-minute consultation is offered prior to coaching to ensure both client and coach are a good fit and to explore the direction of coaching.

Disclaimer: Coaching services are not a substitute for mental health care, medical advice, or professional counseling. No guarantees are made regarding outcomes. Progress depends on your commitment, effort, and participation.

Coaching Sessions: \$100 per session | Telehealth via Zoom or FaceTime | 24-hour cancellation policy

Client Intake Form

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Full Name:

Email:

Phone:

What are your main goals for coaching?

What challenges are you currently facing?

What does success look like to you?

Anything else you'd like me to share?

Goal Setting Worksheet

My top 3 goals:

Why these goals matter:

Steps I will take:

Support I need:

Timeline:

A Personal Welcome from Eva

I'm so honored you're here. This is your space to grow, feel supported, and move forward with clarity and confidence.