



## **Welcome to Redeemed Christian Lifestyle's Coaching Division**

We really appreciate your decision to receive life changing Soul Care and coaching from us. Through the power of the Holy Spirit and the Word of God, Ms. Vera Ukpabi will assist you in focusing your time and energy on your healing, growth and higher pursuit of your life goals. Through our coaching program we will focus on soul and spiritual issues so that they do not advance to more moderate to severe issues that can affect your mental and physical health and we can also empower you to reach your personal and professional goals. We will take you through the following process:

- **Full Discussion and Exploration of Where You are Now**
- **Where You Could Be**
- **Where You Want to Be and how to get there**

I am passionate about supporting you to extend your reach and become everything that the Lord has called you to be and we will design a plan to achieve those goals. I look forward to the relationship we will take time to establish. With 15+ years of corporate management, leadership, coaching, mentoring, my expertise is in helping you identify and resolve roadblocks and barriers to spiritual, professional, emotional and physical health via your relationship with God through our Lord and Savior Jesus Christ.

To get started, please complete the questionnaire below, read and sign the confidentiality agreement and email it back to us for our records. We are looking forward to working with you and we will be praying for you. If you have any questions or concerns, please feel free to contact us.



## **My Expertise**

In 2019, Vera started Redeemed Christian Lifestyle Ministries while working full Time in the Healthcare field. Currently, Vera continues work full time and pursue her passion of teaching the Word of God as directed by God through the power of the Holy Spirit to Women. Through her teachings she continues to educate and empower women, facilitate spiritual growth and improve attendees' relationship with God through Jesus Christ.

Vera's comprehensive sessions will help you reposition yourself and empower you to create the life that God desires you to have and excel in the workplace. She will also assist you in overcoming mental and physical issues that arise from soul and spiritual problems.

Her coaching sessions will help you shift your paradigm, maximize your momentum, and secure your future success. Her perceptive and insightful style is the catalyst that her clients need to help uncover obstructions and blind spots personally and professionally.

## **My Focus**

I am a life coach who provides soul care and empowerment. My main goal is to help you identify emotional obstacles, establish healthy boundaries and uncover areas where the enemy has oppressed you. Some of the areas we will address are roots of bitterness, anger, depression, stress, vows and agreements, and childhood trauma to developing a sustainable action plan. In addition to working with Corporations listed below, she has worked with employees in the Health Care, Legal, Marketing, and Business Development field. I have also provided Soul Care to many others from all walks of life ages 21-40

## **What to Expect**

Once your sessions are booked, we will engage in a one (1) to two (2) hour discovery session. This session is designed to develop a plan of action as well as answer any questions you might have for me. We will discuss your goals, focus what you would like to accomplish. Prior to your session(s), you will be required to complete my Coaching Package which will include:

1. A Confidentiality Statement,
2. A Life Issue(s) Questionnaire
3. Discovery Questionnaire.

This will help us establish a solid action plan for emotional growth and possible issue resolution. Once your coaching documents are completed please email them to me at

[redeemedchristianlifestyle@gmail.com](mailto:redeemedchristianlifestyle@gmail.com)



Life Issues	You (As Applicable )	Close Family Member	Within the past 3 Years
<b>Illnesses (Non-Severe)</b>			
<b>Lethargy/Sluggishness</b>			
<b>Mental/Physical Weakness</b>			
<b>Depression</b>			
<b>Anxiety</b>			
<b>Mental and/or Physical Fatigue</b>			
<b>Inability to Focus</b>			
<b>Anorexia/Bulimia</b>			
<b>Over-eating/Obesity</b>			
<b>Other:</b>			
<b>Relationship Issues</b>			
<b>Racism</b>			
<b>Singleness</b>			
<b>Purity</b>			
<b>Fornication</b>			
<b>Parental Abandonment</b>			
<b>Loneliness</b>			
<b>Friendship/Fellowship</b>			
<b>Other:</b>			
<b>Professional Issues</b>			
<b>Verbal/Physical Abuse</b>			
<b>Excessive Workload</b>			
<b>Stress</b>			
<b>Healthcare Industry Burnout due to COVID-19</b>			
<b>Corporate Racism/Sexism</b>			
<b>Toxic Work Environment</b>			
<b>Victim of Employee Sabotage</b>			
<b>Layoffs/Reduction in Force</b>			
<b>Transitioning to a job in a Different Industry</b>			
<b>Other:</b>			
<b>Spiritual Issues</b>			
<b>Victim of manipulation/control</b>			
<b>Deliberate Sin</b>			
<b>Cultural Bondage</b>			
<b>Idolatry</b>			
<b>Soul Ties</b>			
<b>False doctrine and Error</b>			
<b>Church/Fellowship Hurt</b>			
<b>Other:</b>			



## **Goals and Objectives**

Are You a Born-Again Christian? If so, how long have you been a Christian?

How did you hear about us?

What do expect to accomplish through this coaching relationship?

What are your goals, purposes, and/or objectives?

What are your biggest challenges and/or obstacles right now?

What Bible passages and/or scriptures are you standing on?



# Christian Life Coaching Program

## Confidentiality Statement and Agreement

For the coaching relationship to develop, both parties must feel that discussions of private issues or problems are being handled with discretion. The purpose of this agreement is to protect both parties from a breach in confidentiality during the coaching process.

I, Vera C. Ukpabi agree to keep confidential the specifics of our discussions with my client, unless given permission to share this information with others. The client is also encouraged to discuss any concerns they have about their experience.

All confidentiality will be maintained unless a breach of confidentiality is necessary to maintain someone's personal safety. I understand that a signed copy of this agreement will be retained by Redeemed Christian Lifestyle Ministries and I will also receive a copy of this signed agreement as well.

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Vera C. Ukpabi, Life Coach

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Name

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Signature

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Date

PLEASE SIGN AND EMAIL A COPY TO [RedeemedChristianLifestyle@gmail.com](mailto:RedeemedChristianLifestyle@gmail.com)