

Application

The Back to You Experience

This high-touch coaching experience is designed for high-achieving women in healthcare who are ready to stop carrying too much and come back to themselves.

Please complete the short application below. This helps us ensure the experience is the right fit for where you are and what you need.

Personal Information

Full Name*

Email Address*

Phone Number*

Profession / Role*

Work Setting*

Tell Me About You

1. What feels like too much for you right now?

Share what has been weighing on you...

2. What made you interested in The Back to You Experience?

What drew you here?

3. What have you already tried to change or improve?

Share what you have tried so far...

Coach D
THE MIND GYM LLC
COMMAND YOUR CALM™
THE BACK TO YOU EXPERIENCE

Tell Me About You Continued

4. What do you want to feel, change, or reclaim through this experience?

Describe what success would look like for you...

5. How would you describe your current mindset and emotional state?

Be honest. There is no right or wrong answer.

6. Are you ready to invest time, energy, and money into doing this work for yourself?

Yes, I am ready.

I think so, but I have some questions.

Not sure yet.

7. Are you available to commit to weekly sessions and personal reflection?

Yes

Somewhat

Not sure

8. What would make this experience successful and meaningful for you?

What do you need most from this experience?

Submit your completed application

1. Save or download this completed PDF after filling it out.

2. Email the saved completed PDF to: coach@justaskdr.com

A browser PDF cannot silently attach and email itself. Saving and attaching is the reliable way to make sure Coach D receives the completed application. Your information is secure and confidential.

Thank You!

Your application has been received once you email the completed PDF.

I appreciate you for taking this important step toward coming back to yourself. You are not alone in this journey.

What Happens Next?

Step 1: Application Review

I will personally review your application with care.

Step 2: Schedule Your Call

You will receive an email within 1-2 business days with a link to schedule your discovery call.

Step 3: Discovery Call

On our call, we will discuss what is going on, what you want to change, and if The Back to You Experience is the right next step.

Step 4: Next Steps

If it is a good fit, I will send you your private enrollment details and next steps.

A Message for You

Just by applying, you have already chosen YOU. That matters.

You do not have to keep carrying everything, holding everything, and losing yourself in the process.

You are allowed to come back to yourself - with support.

I look forward to connecting with you soon.
- Coach D

Stay Connected

Follow for empowerment, mindset tools, and real-life support: Facebook | Instagram | LinkedIn

Questions?

If you have any questions in the meantime, feel free to reach out:

coach@justaskdr.com

You Are Worth the Investment.

Your calm. Your clarity. Your comeback.

It all starts with you.