

Welcome!

Are you looking for change?

Do you feel like you want to unleash your Passion in Life to realize your maximum potential in business, relationships, health, learning, etc?

- But something keeps standing in your way!
- Do you have a dream but can't find the courage, or the confidence to live that dream?
- Perhaps you're trapped in negative thoughts, feelings and behaviors?
- Perhaps you are plagued by addiction or *escapaholic* tendencies - like you just keep running away from responsibility and accomplishment.
- Maybe, you feel like a fake...you have that secret life where you're letting everyone down, especially yourself?
- Has your spouse turned into a roommate instead of a partner?

That's when it's time to step back and assess our lives and its direction. Often times in life, we forget how to imagine or find our purpose. That's where I come in.

- I will help you imagine, set goals and execute once again! And together, we will discover, and focus on accomplishing your dreams. **We will form a powerful alliance and develop a strategy for your success.**

People often asked me "What is Coaching? What is a Strategist?"

- I define it as a partnership to help people get from where they are ... to where they dream to be.
- It is built upon listening, empowerment, support, commitment, caring and ***action***.

Please take time to read this Packet, complete the personal information and my Comfort Zone Challenge.

- These tools will allow me to become familiar with you and your dreams and allow for a strong start.

I am excited about our potential alliance and believe we can discover greatness together.

Looking forward,

Miriam

Life Coach & Strategist

2b1 Institute

email: miram@2b1institute.com

phone: US (214) 446-1828 IS (054) 646-3718

What is a Strategist?

A person skilled in:

- Planning and execution – which involves:
 - Setting goals,
 - Recognizing the obstacles,
 - Determining the steps to achieve the goals, and
 - Mobilizing resources to execute the action plan.

What is Coaching?

To coach: to take a person from where they are...to where they want to go.

It's that simple. Today, with practical TOOL to form an alliance to:

- Clarify and Enlarge YOUR Vision
- Uncover and Discover YOUR Limited Thinking that holds YOU back
- Discover YOUR Dreams
- Establish YOUR Goals
- Develop YOUR Action Plans
- Empower YOU
- Achieve YOUR Dreams...to lead a:



Who Am I?

As your Life Coach & Strategist, I bring many qualifications to our alliance. I am a...

- **Partner:**
We will work together to discover, create and accomplish your mission, goals and dreams.
- **Listener:**
I will listen to you. I will hear what are saying and what you aren't saying. I will encourage and motivate you.
- **Perspective Shifter**
I will help you see things from a different perspective. I will help you develop and stabilize the priorities for your life based upon your discovery of what you value.
- **Dreamer**
I will push you to dream and I mean big dreams, enlarging your vision to unlimited possibilities. We can all do so much more than we believe.
- **Questioner**
Questions are critical in helping you find your own way, to get to the heart of and unlock your passions.
- **Comfort Zone Challenger**
I will challenge you to step out of your comfort zone. Take some risks with yourself and push you to be bold.
- **Strategist**
I will bring you the very latest ***Art & Science of Change***. Today, we have such a complex understanding of the brain; so let's utilize its ability to redirect its thoughts, feelings and behaviors. Work together to literally reprogram the mind for high performance and reaching your goals for personal transformation!!

My Qualifications

I have formal training as a Life Coach (PCCP) from the International Coach Academy (www.icoachacademy.com). I have extensive experience as a family and marriage coach, business leader, motivator and personal coach. I have coached couples, families and individuals. I am passionate, motivated, caring, easy to talk to, and honest. I believe in strong, focused priorities, personal fulfillment, the power of listening, the strength of relationships and the greatness in all of us.



The Meadows - Continued Ed 2011 - 2013

Graduated Taatzumot - Rachel Bolton May '15 - '16

Yedid Nefesh – in conjunction with Univ of Texas –
Sept 2015 thru current. To graduate May 2018

My Areas of Specialty

As a Coach & Strategist, I specialize in the following areas:

- Lives that seem lost or out-of-control
- Work-Life Balance
- Creating and Organizing Priorities
- Dream Discovery
- Family/Spouse/Marriage/Recovery Coaching

As an Internal Family Systems “IFS” Therapist –

- guiding my Clients to discover their Inner Parts that disrupt or assist them on their journey to Higher Self!

Expectations

I commit to you that I will exceed your expectations in the areas of:

- Honesty
- Caring
- Confidentiality
- Empowerment and Encouragement
- A Comfortable, Non-Judgmental Environment

I expect you to commit to:

- Honesty
- Achieving Goals and Dreams
- Respecting Yourself
- Making Yourself a Priority
- Preparedness for our Sessions

Policies and Procedures

Who do I Coach?

I only accept **committed** clients locally and globally. Sessions are conducted via ZOOM or in person.

Your investment...

This is an opportunity to invest in yourself. Certainly, your biggest investment will be in the time you choose to spend to reach your goals. In addition, 2b1 Institute will send you an invoice for 5 Sessions to be paid prior to the first Session. Sessions are \$150 US or 500 NIS each.

Changes and Cancellations...

I commit to respect you and your time and expect the same from you. In the event that you need to change or cancel a scheduled session, I require 24-hour notice. In turn, I will extend the same courtesy to you, should I ever have to reschedule or change a session. It is also expected that we be prompt for our sessions. If I am late for a session, I will pro-rate the hour and refund the time lost. If you are unreasonably late for a session, the time lost will not be made up. If you miss a session completely without prior notice, that session will not be made up. Should I ever cancel a session, you will receive an additional session at no charge, in addition to re-scheduling the cancelled session.

Extra Calls...

I want to be available for you should you get “stuck” or are trying to break through an issue. A WhatsApp or e-mail is also accepted during these times.

I will try to respond within 24 hours. It’s a great way to announce wins and accomplishments between sessions or a needed word of encouragement.

Clients are saying...

Hi Miriam:

I found out my husband was watching schmutz about 7 months ago. It was the worst yissurim I ever had in my life. I couldn't stop crying, I was depressed, not eating, unable to function, having a hard time to sleep and etc. until i found your website and spoke to Miriam. Women who discover their husbands struggling need help to stay calm. They should realize that this phase might be temporary, and it is a test from hashem. In the past, my husband was trying to stop on his own a few times but didn't know how. Baruch hashem, with the resources on your website, he has been clean since i caught him. We installed covenant eyes on our phones and the computer.

I also wanted to add that I live in the west coast and that I did not know about your website at all. Baruch hashem I found your website by doing a google search for help and it was stated on an article on Aish's website. Thank you so much. Your website really helped my husband and me. I don't think he would have stopped if not for the shiurim and resources on your website. May Hashem bless you with only nachas, health and happiness eternally.

Hi Miriam:

I think about you a lot. You did so much for me. I miss you, and I hope to visit this winter, and you're my Number 1 stop after the Kotel.

Hashem should repay all the good you have done for me a million times over!

Love,

L...

Personal Information

The following pages consist of personal questions designed to help me get acquainted with you. This information is confidential and for use in our alliance only. This information will not be shared or made public in any way. Please return these to me 24 hours prior to our session. You may e-mail them to me at duvidchaim@2b1Institute.com

Name	
Address	
Home Phone Number	
Cell Phone Number	
E-mail Address	
Skype Address	
Date of Birth	
Occupation	
Marital Status	
Years Married (If yes, number of years)	
Spouse's Name	
Names and Ages of Children	

Comfort Zone Challenge

The questions below are designed for you to describe yourself, your dreams and those around you. Please be honest in your answers. If you find that they are too difficult or personal, leave them blank and we can discuss them when you achieve comfort in our alliance.

Rate yourself in the following areas of your life on a scale of (lowest) 1 to 10 (highest)

CLARITY

Do you feel you are clear about who you are, your purpose, and the direction you want to go in life?

1 2 3 4 5 6 7 8 9 10

ENERGY

Do you consistently have enough mental and physical energy needed to excel, accomplish your goals, and feel motivated and happy?

1 2 3 4 5 6 7 8 9 10

COURAGE

Do you take action and consistently express who you truly are and what you truly think, need, and desire with the world?

1 2 3 4 5 6 7 8 9 10

PRODUCTIVITY

Are you consistently focused and effective, and are you good at minimizing distractions and maintaining priorities?

1 2 3 4 5 6 7 8 9 10

INFLUENCE

Do you feel you have the social influence with your family, friends, and team needed to accomplish your goals?

1 2 3 4 5 6 7 8 9 10

Please Answer The Following Questions

- 1) What are the top 3 goals you are striving to achieve right now?

- 2) What major stressors or challenges are you struggling with right now?

- 3) My pain/suffering shows up as (please elaborate):
 - Anger

 - Fear

 - Low Self-Esteem

 - Other:

- 4) I “escape”/medicate myself by Acting Out in the following ways:

- 5) My experience with Recovery or Therapy or Coaching is (include dates and go up to “present” – share your success or lack of):

- 6) Have you ever been incredibly excited, committed and fired up to accomplish a specific life goal, only to have it lose steam and not get accomplished?

Yes No

- 7) Do you believe that with the right strategies, training, and tools most people can BECOME high performers in life?

Yes No

- 8) Are you okay with being held accountable to a higher standard of achievement by someone who has mastered the principals of High Performance?

Yes No

9) Do you feel that you are living a vibrant, joyful, and fully charged life?

Yes, all of the time

Almost everyday

Sometimes less than I would like

Almost never

10) Tell me about a time when you were courageous.

11) What are your top frustrations or reoccurring negative limiting thoughts that are holding you back from achieving your life's work?

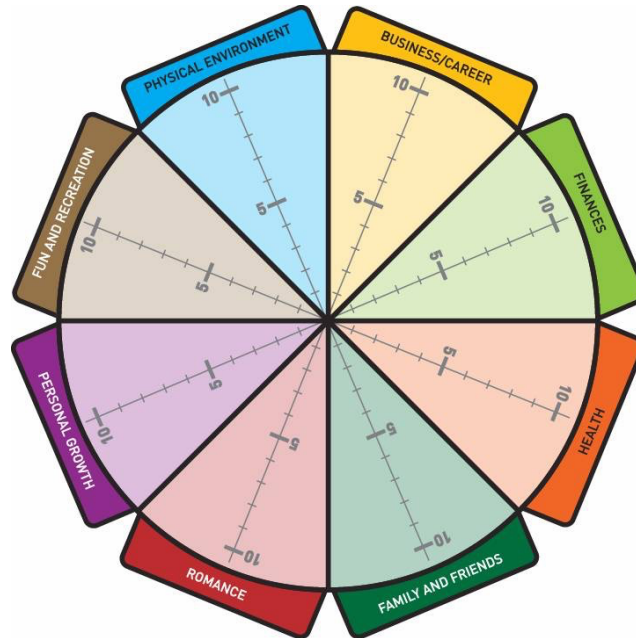
12) What areas of your life do you feel need your greatest focus right now?

Energy Career Relationships Health Productivity

Limiting Beliefs Confidence Clarity Overcoming Fear

13) If you looked back on your life 3 months from now, what would need to happen for it to be your most amazing 3 months ever?

How do you rate yourself on the Balanced Life Scale 0 = Low Success 10 = High Success



Business Career	0 thru 10	_____	Finances	0 thru 10	_____
Health	0 thru 10	_____	Family and Friends	0 thru 10	_____
Romance – Spouse/Lover	0 thru 10	_____	Personal Growth	0 thru 10	_____
Fun and Recreation	0 thru 10	_____	Physical Env.	0 thru 10	_____
+ Spirituality	0 thru 10	_____	+ Sobriety	0 thru 10	_____

Are you ready to be coached?

Circle or Highlight “Yes” or “No”

- I am ready to do whatever it takes to reach my goals. **Yes** **No**
- I am willing to listen to the viewpoint of someone else. **Yes** **No**
- I am willing to get out of my comfort zone and try new things. **Yes** **No**
- I am willing to make the commitment necessary to make the changes I am seeking. **Yes** **No**
- I am willing to commit to the process, knowing that change doesn’t happen over night. **Yes** **No**
- I am willing to ask for support and accept the support I receive? **Yes** **No**
- I am willing to stop tolerating laziness. **Yes** **No**
- I am ready to invest in myself. **Yes** **No**
- I am ready to put myself first in my life and work. **Yes** **No**

Investment in yourself...

I agree to pay in advance the \$750 US or 2,500 NIS fee for the 5 Coaching Session Package. My payment demonstrates my personal commitment to my healing.

Payments can be made via cash, check, bank transfer (Zelle) or PayPal. Payments in foreign currencies – for example in US Dollars or Euros are to be calculated by the Client. For support, visit currency exchange websites like: <https://www.xe.com/currencyconverter/convert/?Amount=1&From=ILS&To=USD>

If I decide to terminate the coaching relationship, my payment for any unused session will be refunded – less 25% within 30 days.

Coaching Disclaimer & Waiver

All coaching services and communication, email or otherwise, delivered by Duvid Chaim (legally known as David Hoffman) or Miriam of the 2b1 Institute – your “Coach,” as well as information set forth on this website (www.2b1institute.com) are meant to help you identify the areas in your life and in your thinking that may be standing in your way. However, Coaching is not professional mental health care or medical care. If you feel psychologically stressed to the point that it is interfering with your ability to function, you will seek the help you need in the form of a professional counselor. Coaching may augment your therapy, but the work of Coaching is more effective when major emotional and psychological wounds are already healing or healed.

In that spirit, by agreeing to Coaching services from the 2b1 Institute, you confirm that you have read and agree to each statement and that you wish to proceed:

- I understand that the Coaching services I will be receiving from the 2b1 Institute are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that my Coach is not acting as a mental health counselor or a medical professional.
- I understand that Coaching is, at present, an unregulated industry and that my Coach is not licensed by the State of Texas or any other state or country.
- I understand and agree that I am fully responsible for my well-being during my Coaching sessions, and subsequently, including my choices and decisions.
- I understand that Coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.
- I understand that it is my responsibility to seek psychiatric care if I am feeling severe depression, mood swings, anxiety, trauma, thoughts about hurting myself or others, etc. I will inform my Coach if I have any of these symptoms. And that I will take my prescribed medications. I waive my Coach of any responsibility or liability concerning these or any psychiatric conditions.
- I understand that all comments and ideas offered by my Coach are solely for the purpose of aiding me in achieving my defined goals. I have the ability to

give my informed consent, and hereby give such consent to my Coach to assist me in achieving such goals.

- I understand that to the extent our work together involves career or business, my Coach is not promising outcomes included but not limited to increased clientele, profitability and or business success.
- I understand that my Coach will protect my information as confidential unless I state otherwise in writing. If I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken and my confidentiality agreement limited in this capacity. Furthermore, if my Coach is ordered by a court to provide information or to testify, he will do so to the extent the law requires.
- I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype and other technology.

I hereby release, waive, acquit and forever discharge my Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts or omissions by myself or by my Coach as a result of the advice given by my Coach or otherwise resulting from the coaching relationship contemplated by this agreement. I further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

Client's Name

Phone

Email Address

Signature of Client

Date

If you complete these pages on your computer, please email them back to davidchaim@2b1institute.com. If you prepared it by hand, then Scan and email them back to me.

Payment Options – **Cash in-house** or Local Deposit or Wire to **Bank of America**:
“Zelle” Direct Payments to my email – david.h.hoffman@gmail.com
OR Bank Mizrahi-Tefahot Bank Branch: 12 Ben Yehuda St – #401 – David Hoffman Rashba 1/5 Account Nr: 281056 SWIFT Code: MIZBILIT401281056