



Subject: Thank You for Attending Your Assessment Lesson

Dear [Member or Guest Name],

I really enjoyed our assessment lesson today. It's clear to me that you're determined to achieve [Insert Goal Here], and I love working with people who have that drive and ambition. I'm excited to help you get there!

So based on our assessment session, these are the things we will really focus and work on together:

- 1. Example 1*
- 2. Example 2*
- 3. Example 3*

The next step is to choose your programme, based on your goals and I recommend either the [Insert Option 1 Here] or [Insert Option 2 Here]. You can purchase this coaching plan using the link below:

[Insert Coaching Store Product Link]

Then we need to organize our initial on course session so we can build an effective plan for you. At present, I have availability on the following dates and times:

[Insert date and time]

[Insert date and time]

[Insert date and time]

Let me know if this works for you and we can get the booking reserved.

Many thanks,

[Insert coach name]

[Insert coach title/position]

