

Coaching Intake Form

General Information:

Today's Date: _____

Your Name: _____ Address: _____

City: _____ State: _____ ZIP: _____

Cell Phone: _____ Home Phone: _____ Work Phone: _____

Email: _____ Male Female Age: _____ Date of Birth: _____

Place of Birth: _____ Ethnicity/Nationality (optional): _____

Relationship Status: _____ Number of Children _____ Ages of Children _____

Education: High School Some college BA/BS MA/MS Ph.D. Other _____

Field of Study: _____ Additional Background: _____

Company Name: _____ Occupation/Title: _____

Preferred Phone #: Cell Home Work Best Dates/Times to Reach You: _____

Your Goals:

What three goals would you like to accomplish within the next three months?

1. _____

2. _____

3. _____

What one major goal would you like to accomplish within the next twelve months?

What has been your greatest challenge?

What do you expect to achieve as a result of hiring me as your coach?

On a scale of 1 to 10 (10 as high), rate the quality of your life _____ your health _____ the amount of stress _____

Here are ways of coaching clients. Which ones appeal to you?

_____ Brainstorming strategies together _____ Support, encouragement and validation

_____ Insight into who you are and your potential _____ Paining a vision of what you can accomplish

_____ Accountability; checking up on goals _____ Exploring/removing blocks to your success

_____ Suggesting or designing action steps _____ Working through self-improvement programs together

Any additional questions or comments: _____
