

Client Profile & Intake Form

Full Name

Birthday

Street Address

Postcode

Postal Address

Postcode

Day Phone

Evening Phone

Fax No.

E-mail

Occupation/Nature of Business/Position:

Referred By:

Please put some thought into your answers to the following questions. It is important for your coach to understand how you view the world in general and yourself if particular. Every person has their own unique and personal way of interacting with their surroundings.

The following questions will provide a means to understand you and your current position more closely and enable your coach to bring out your best. The questions are designed to be 'mulled over' and to stimulate your thinking on items that may have been automatic in the past.

If you have any questions, please contact us.

What are your major objectives or gains that you wish to achieve from coaching?

What are 3 burning *short-term* goals you want to achieve over the next 90 days?

What changes or actions do you believe are needed for these *short-term* goals to be accomplished easily?

What habits, activities, or thought processes do you believe need to be dropped, simplified or let go of, in order to truly move forward, quickly?

How do you respond when you are in a really challenging situation?

Share something about your personal background - anything that you believe will help me understand you and allow me to better support you.

List several *long-term* goals. From that list, choose two goals you wish to start working on with me. Choose things that you really want, not what you should do.

What do you consider to be your greatest accomplishments so far?

What activities have meaning and heart for you? What is important to you?

What motivates you? What do you get energy from?

Where are you most irresponsible?

What do you want to make sure you do or accomplish in this lifetime?

What long term major shifts, leaps or changes do you believe you need to make to make this possible?

What are your top 5 challenges at the moment.

Do you have a preferred coach? If so please write their name below.

What two steps could you take immediately that would make the greatest difference in your current situation(s)?

Is there anything else I should know? (i.e. are you currently in therapy, on medication, in a support group ie AA etc?)

How will you know how effective our coaching has been?

How might you sabotage our professional relationship?