

Coaching Intake Form

General Information: Today's Date:

Your Name:

Address:

City:

State:

ZIP

Cell Phone:

Home Phone:

Work Phone:

Email:

Male

Female

Date of Birth:

Place of Birth:

Ethnicity/National:

Relationship Status:

Number of Children:

Ages of Children:

Education:

High School

College

BA/BS

MA/MS

Field of Study:

Additional Background:

Company Name:

Occupation/Title:

Preferred Phone #:

Cell

Home

Work

Best Dates/Time 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
program together**

Any additional questions or comments: