

Coaching Intake Form

Contact Information:

Name: _____

Phone Number: _____

Email: _____

Mailing Address: _____

Physical Address: _____

Preferred Method of Contact: _____

Birthday, Place & Time: _____

Part I: Why Coaching. Why Now?

1. Which area of your life do you think could benefit from coaching?

- Career
- Personal Growth
- Spiritual Connection
- Wellness
- Other: _____

2. Coaching Goals

- *Please describe your goals for coaching in as much detail as possible*

3. Challenges, Roadblocks and Obstacles:

- *Please describe any challenges or obstacles you can perceive in reaching your goals. What challenges have you encountered in the past that have hindered your progress towards goals?*

Part II: Self-Reflection

1. How do you define success:

2. What are your inherent gifts and best qualities? Please describe or list them below:

3. Are there any qualities which you would like to improve? Please describe or list the qualities below:

4. What support systems or skills do you have in place already to foster your goals.

5. Name your top 5 successes:

6. Please name your favorite interests and/or hobbies you enjoy:

-
-
-

7. Name experiences that have brought you delight or awe:

8. What do you want your future to look like?

9. What do you want your future to feel like?

10. What do you want your future to sound like?

11. How can coaching help you achieve the future you desire?

Part III: Coping Mechanisms

1. What are the top 5 stressors in your life right now?

2. What do you do when you are stressed out?

3. What do you find helps you when you are struggling to move forward? Is there an approach, skill or tactic that works best to help you move forward?

4. What Changes, if any, do you think you need to make to support your stress reaction?