



Personal Information

Name:

Preferred Name:

Date of Birth:

Age:

Gender: M / F

Address:

City:

State:

County:

Zip Code:

Phone Number:

Email:

1. Briefly explain your motivations for seeking coaching at this time.
2. What do you hope to gain personally from coaching?
3. Is there a specific goal in one area of your life that you would like to focus on during coaching, if so, how long have you struggled with this area in your life?
4. Briefly explain what you're hoping to get out of coaching?



5. Briefly explain what the expectations of your coach-client relationship look like.
6. What are you afraid of? Losing my life to diabetes, not being able to move and do what I want to do.
7. What behaviors in other people irritate you?
8. What do you need to do to improve your condition?
9. In your own words, how will you know that you've obtained the goal you're setting out to reach through coaching?
10. Are there any specific obstacles or triggers that your coach should know about that you feel are relevant to the coaching process?

The issue of confidentiality is paramount to this relationship. My understanding is that nothing in this relationship is to be discussed outside of our conversation. There are times when references to others may be helpful, however I would not ever mention a name or person that would lead someone to infer the discussion was about you as a client.