

# Xpansive Consulting

## Client Intake Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

How do you prefer to be addressed: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

E-mail : \_\_\_\_\_

For coaching success, it is important for me to understand how you view the world in general and yourself in particular.

Each person has a unique way of interacting with those around them.

Please answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are.

These are pondering questions designed to stimulate your thinking in a particular way that will make our work together even more productive.

I suggest that you take as much time as necessary to compose your responses to these questions.

Thank you.

**Firstly:** Have you taken a Positive Intelligence Mental Fitness Survey to discover your Positivity Score?

Assessment.positiveintelligence.com/pq/overview

And the Sabateur assessment to discover your top sabatuer tendencies?

Assessment.positiveintelligence.com/sabateur/overview

Once you have taken these assessments, place your scores here.

PQ Assessment % \_\_\_\_\_

Top 3 Sabateurs: \_\_\_\_\_

\_\_\_\_\_

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2. What do you want to make sure you get from a coaching relationship?

(Maybe write down 2-3 things that occur to you)

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3. What are the main goals you want to work on, or you want your team to work on?

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4. What skills or knowledge would you like your team or yourself to develop?

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5. What accomplishments must, in your opinion, occur during your lifetime for you to consider your life to have been satisfying and well lived?

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6. What are you passionate about?

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7. What is the impact you would like to make in your community / your country / the world?

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8. Write down 2 – 3 things that are really working well for you right now.

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9. What do you do when you feel pressure / stress / anxiety?

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10. If money and time were not an issue for you, what would you love to create in the next 5 years?

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11. What's missing in your life? What would make your life more fulfilling?

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12. Who are the most significant people in your life?

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13. What have been some of the most significant events that have shaped your life?

(Describe your top 3)

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14. Tell me about a time where you were operating at “Peak Performance” , when things were going well for you, when you were “on top of your game”, you were pleased with what you were doing or accomplishing. What was going on? Who else was involved? How did you feel?

(This is no time for modesty – share openly and deeply, like you were on top of the world)

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15. Is there anything else you want me to know about you?

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