Discovery Session Prerequisite Form

| First Name: |
|---|
| Last Name: |
| Age: |
| Email: |
| Phone Number: |
| Street Address: |
| City: |
| State: |
| Postal Code: |
| |
| Which client profile describes you? |
| |
| Single and never married divorced married separated widowed. |
| Single and never married divorced married separated widowed. (please indicate one) |
| |
| |
| |
| (please indicate one) |
| (please indicate one) |
| (please indicate one) |
| (please indicate one) Children? If so, how many? |
| (please indicate one) Children? If so, how many? |

| Please | respond to the following questions with honesty and to the best of your ability. |
|--------|---|
| 0 | How did you hear about Coach Alexis? |
| 0 | Why are you looking for a coach? |
| 0 | What is your current understanding of coaching? |
| 0 | What are some of your strengths and weaknesses? (Choose at least three of each) |
| 0 | What are your strongest beliefs about yourself and the world around you? |
| 0 | On a scale of 1-10 how motivated are you to want to improve your life, in any aspect. Explain why you chose that specific number? Be honest and truthful with your answer. |

| 0 | What energizes or motivates you? |
|---|---|
| 0 | How could you sabotage this coaching process? - How would you like me to react if I noticed sabotaging behavior during this process? |
| 0 | How will you know that coaching has been effective and helpful for you? |
| 0 | When in life have you felt the most creative? |
| 0 | What are the greatest accomplishments of your life so far? |

| 0 | What is the greatest challenge you have had to overcome? |
|---|--|
| 0 | What major changes have you been faced with over the last couple of years? |
| 0 | What is most important to you in your life and why? |
| | |