



Life Coaching Disclosure Form

What Is life Coaching?
To aid client to focus on future aspirations ex: personal/ professional goals, short and long term goals, personal development. By creating objective strategies in an healthy supportive environment.

* Indicates required question

Name *

Your answer

Email *

Your answer

Assessment Questions

What is your goal for coaching? * 1 point

Your answer

Have you received coaching before? * 1 point

- ☐ no
- ☐ yes

How often would you like meet a month? *

- ☐ Weekly
- ☐ Bi-Weekly
- ☐ Monthly
- ☐ Undecided

Self Assessment
My most significant achievement is..

Your answer

I prefer(____) for coaching sessions? *
Select option below.

- ☐ Audible Zoom
- ☐ Video Zoom
- ☐ Phone Call

Get link

