

# Coaching Intake Form

## Background Information

First Name	
Last Name	
Gender	
Date of Birth (yyyy/mm/dd)	
Address	
City	
State/Province (if applicable)	
Country	
Postal Code	
Phone Number	
Email Address	

*Please answer all questions as best as you can.*

### Part I: Why Coaching, Why Now?

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

Career

Personal Growth and Development

Both

Other (please specify)

2) What challenges are you currently facing that you think would benefit from coaching? Use the space below to describe **at least two areas** where you are having trouble.

3) Describe what the best case scenario would look like for you after you have successfully overcome these obstacles.

4) Name any interests or hobbies you enjoy doing.

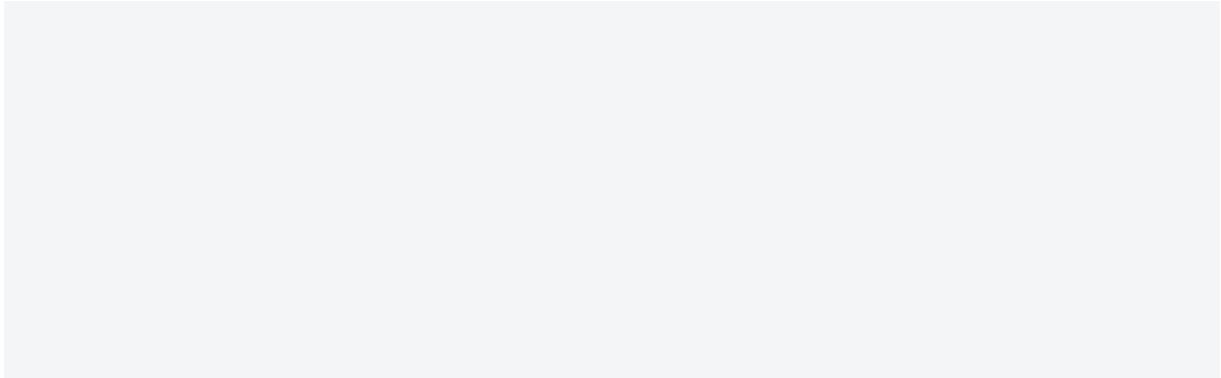
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**Part II: Self-Reflection**

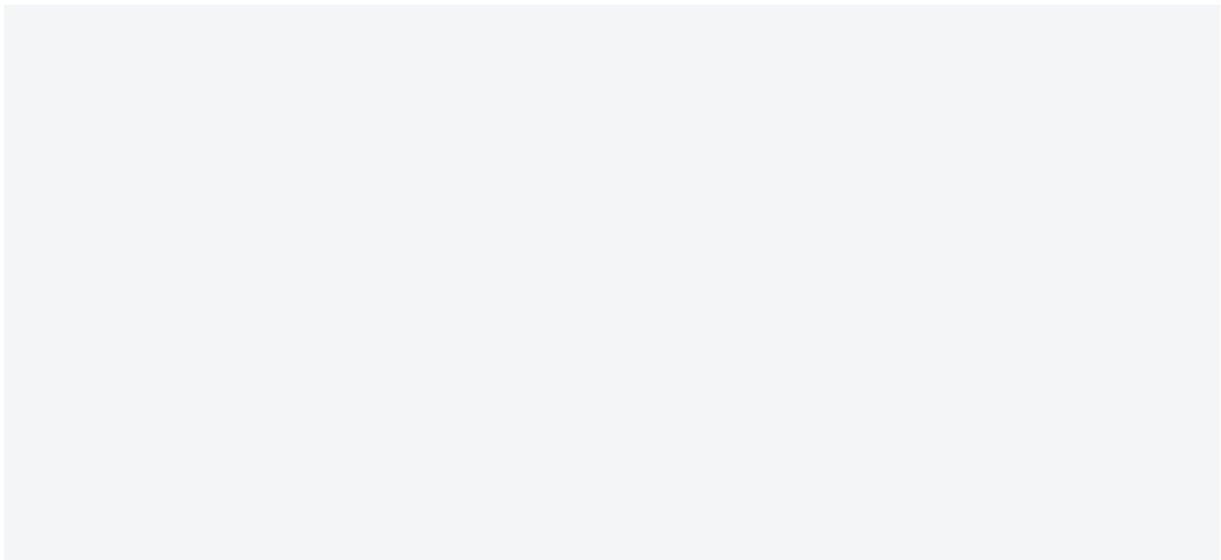
1) What do you think are your best qualities? Please describe or list them below.

2) Is there any quality that you have not listed above which you would like to improve? Please describe or list these qualities below.

3) What do you want your future to look like?

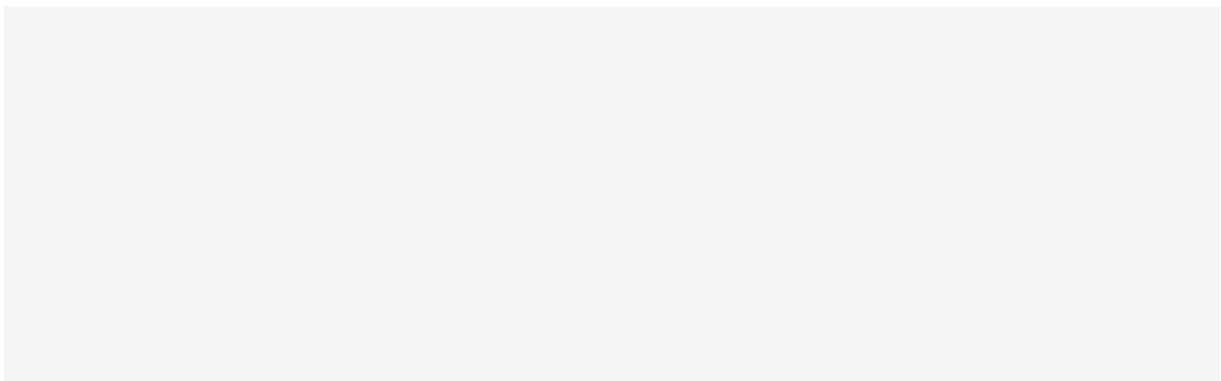


4) How can coaching help you achieve the future you desire?

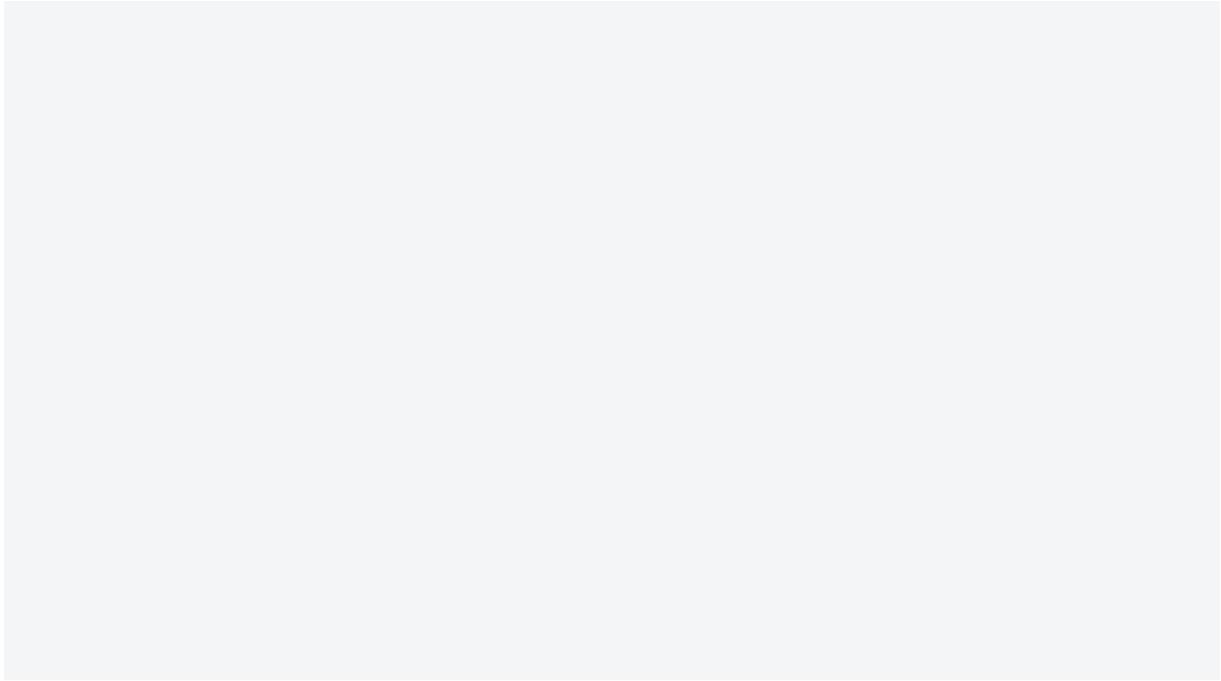


### **Part III: Coping Mechanisms**

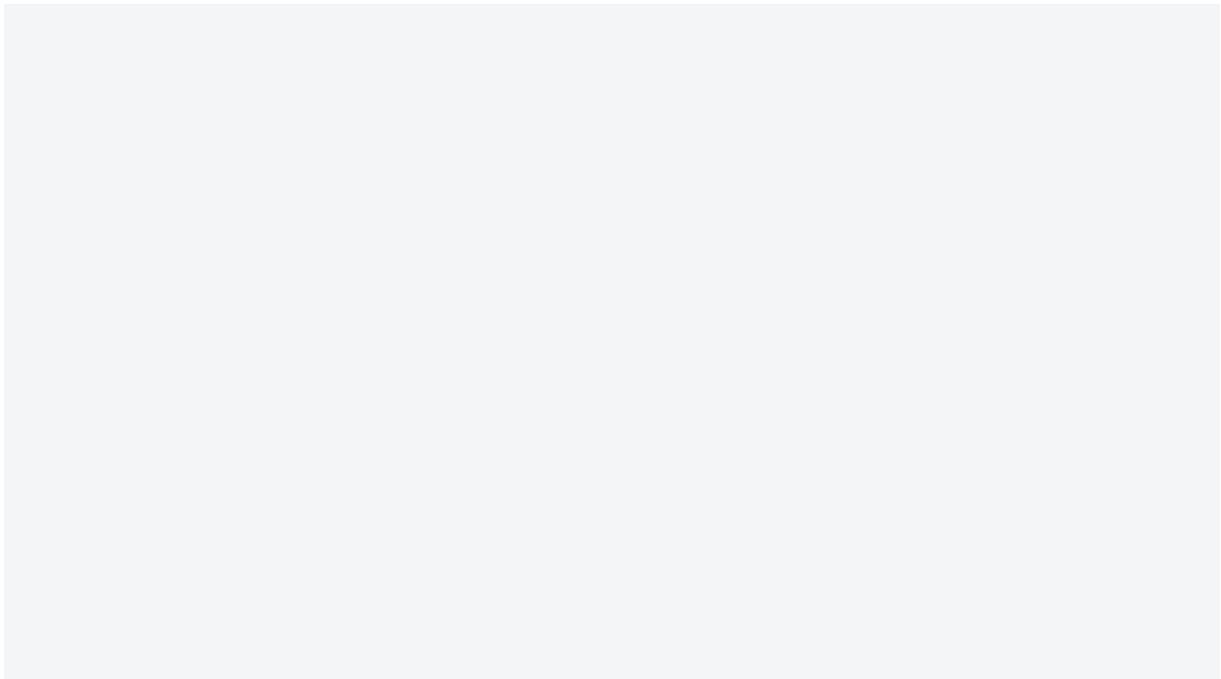
1) What do you do when you are stressed out?



2) What do you find helps you when you are struggling to move forward? Is there an approach or tactic that works best to help get you going?

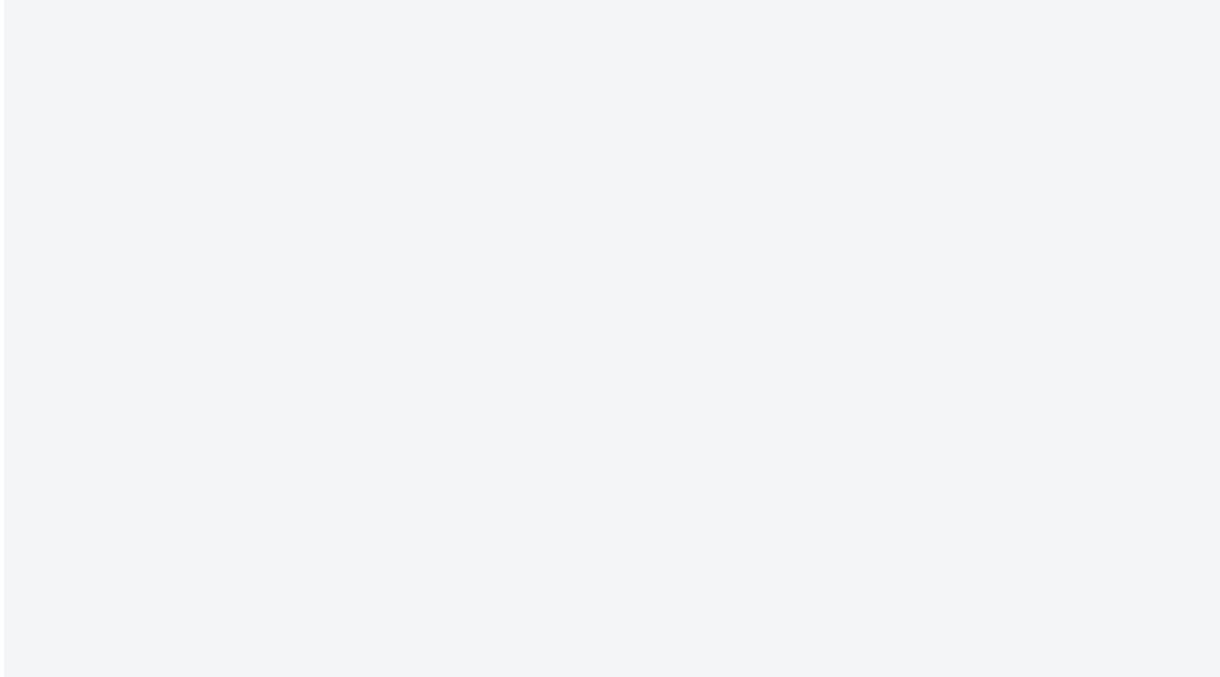


3) What changes do you think you need to make to help you react better to specific situations?



## Part IV: Additional Information

Is there anything else you'd like to add that you think we've missed?



Gabriella Lancia, PhD