

Intake Form

Name: _____ Date: _____

Address: _____

_____ Postal code: _____

Phone: _____ Mobile: _____

E-mail: _____

As coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

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 several days to compose your responses to these questions. Thank you.

1. What do you want to make sure you get from the coaching relationship? (maybe write down 2 or 3 things that occur to you)

2. What are the main goals you want to work on?

3. What can I say to you when you are most "stuck" that will return you to action?

4. What do you want most from your career / job?

5. What skills or knowledge would you like to develop?

6. How do your career goals support your personal goals?

7. What support do you need most right now on your career?

8. What accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived?

9. What are you most passionate about?

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

11. Write down 2-3 things that are really working well for you right now.

12. What do you do when you feel pressure, anxiety, or stress?

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

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

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

16. What have been some of the most significant events that have shaped your life?
(Describe your top 3)

17. Tell me about a time when you were operating at "peak performance", when things were going well for you, 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!)

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

19. . What is your Love Language? 5lovelanguages.com

20. What is your Myers-Briggs? 16personalities.com
