# Coaching INTAKE

Addaptive Coaching www.addaptivecoaching.com.au

# Table of CONTENTS

Client Intake

Getting to Know You

Preferences

Thoughts

#### Our Introduction

#### Welcome!

My name is Tim, and I'm the coach that leads the charge at Addaptive Coaching.

I have a lived experience of addiction, ADHD, homelessness, justice interaction and my own journey of continuous growth and improvement. With a passion to connect people with the ability to meet their inner guidance system and create lasting change, succeeding in ways beyond the current scope of thinking. Life is a journey worth living, let's join each other to respectfully collaborate on your goals, find meaning in learning, challenge limitations and be empowered to be better today than seen possible yesterday.

## Client Intake

#### Client Intake FORM

First Name:	Last Name:	
Date of Birth:	Gender:	
Email:	Phone:	
Address:		

What are changes you would like to make in your life over the next 3-5 years?

What short-term goals would you like to accomplish over the next 3-6 months?

What changes in your life would you like to implement right now?

What do you believe to be your strengths and best qualities? and which strength(s) would you like to develop?

Client Intake Form

#### Client Intake FORM

What obstacles keep you from reaching your goals?

Where do you see yourself in 3 years, when your coaching journey is completed?

Why have you decided to start working with a life coach?

What is	your curr	ent level	of stress	in your li	fe? 10 = I	High			
1	2	3	4	5	6	7	8	9	10
How we	ould you ra	ate your o	current q	uality of l	ife? 10 =	High			
1	2	3	4	5	6	7	8	9	10

Is there anything else you would like to tell me?

## Getting to Know You

#### Getting to Know YOU

What has your biggest success been so far, and what did you do to accomplish it?	
What has your biggest challenge been so far, and how did you deal with it?	
What have you already done to move toward your goals?	
Who has been important in supporting you so far?	

#### Getting to Know YOU

Is there anything in particular that you feel is currently holding you back?	
How do you think coaching could help you with your life?	
What would you say are your biggest strengths and best qualities?	
Is there any other information you'd like to share with me?	

Getting to Know You



### Client Preferences



#### Client PREFRENCES

In order for us to work effectively together, it is useful to know a bit about your personal preferences when it comes to coaching feedback throughout your journey

What motivates you, and what deters you from trying?	Do you prefer video calls or face-to- face sessions?
How do you respond to being criticized?	How frequently do you feel you need to review your progress to stay on track?
What methods help learn most effectively?	How can I best support you throughout this relationship?

# Your Thoughts

ROMAN CONTRACT OF CONTRACT.

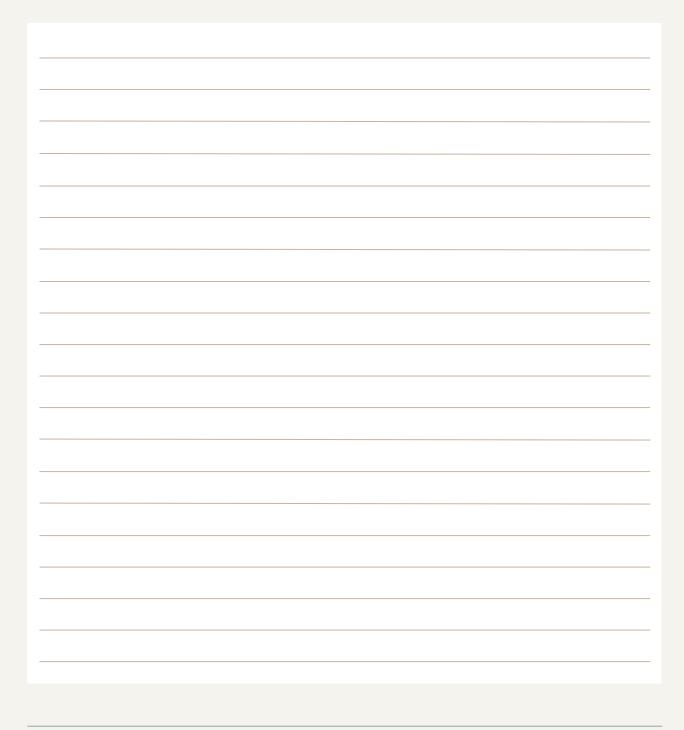
I. this

Sector Sector

in the states

#### Your THOUGHTS

Use these few blank pages to scribble down any thoughts and feelings you have about your life, upcoming coaching, or anything else that comes to the front of your mind.

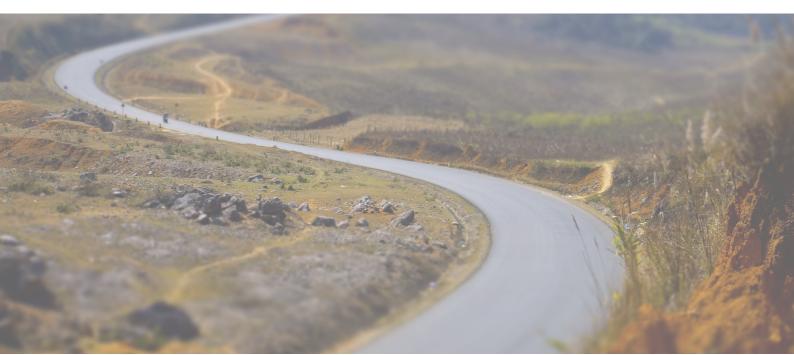



#### What to do next

Thank you for answering these questions. I look forward to meeting to engage in our first session.

#### How to prepare for our first session together

Starting this journey can be a difficult process. Starting with a clear idea is always beneficial to make the most of our time. If you feel the urge, writing can be helpful in getting clarity on what is going on for you. Although, this is not mandetory..



# Lets begin THIS JOURNEY

ADDaptive Coaching