

COACHING INTAKE FORM

Name

Date of birth

Tell me a little about yourself.

On a scale of 1 - 10, how content are you with your life currently?

1	2	3	4	5	6	7	8	9	10
Not satisfied								Very satisfied	

What do you expect from your time working with a coach?

How would you like to feel at the end of our coaching sessions?

What would you like to achieve in your coaching sessions with me?

Select one or more from the list below.

- | | |
|--|--|
| <input type="checkbox"/> Manage stress | <input type="checkbox"/> Improve my self-esteem |
| <input type="checkbox"/> Gain a work/life balance | <input type="checkbox"/> Become more confident |
| <input type="checkbox"/> Learn to deal with feelings | <input type="checkbox"/> Be more motivated |
| <input type="checkbox"/> Understand what motivates me | <input type="checkbox"/> Overcome tiredness and exhaustion |
| <input type="checkbox"/> Identify goals and action steps | <input type="checkbox"/> Become more productive |
| <input type="checkbox"/> Learn about who I am | <input type="checkbox"/> Get support and encouragement |
| <input type="checkbox"/> Improve my communication | <input type="checkbox"/> Other |

Is there anything else you'd like to share with me before we start working together?

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Name	Date of birth
Address	
Email	Phone number

How do you think coaching could help you with your life? Include any challenges you are currently facing.

What do you want your future life to look like?

What are your strengths and best qualities?

What strength or quality would you like to develop?

What do you do to cope with stress in your life?

What changes do you think you need to make to help you cope better with stress?

Is there any other information you'd like to share with me?