



WYLDE WELLBEING COACHING INTAKE

form

Name

Date of birth

Location / address

Email

Phone number

Tell me how you think coaching could help you and what you want to get from this coaching relationship?

Do you have any pre-conceived ideas or concerns you want to share about coaching?

What brings you happiness and joy and uplifts you?

What brings you down or feels heavy to you??

What are you ready to change in your life?

What changes do you think you need to make to help you reduce stress in your life?

What's missing in your life that could make it more fulfilling?

ABOUT *you*

It's important for me to understand a bit more about you, your context and the unique place you're coming from so that I can be a resource and guide for you.

All information is gathered with total professional confidentiality.

What is your relationship history like?

Tell me about your work / career / education

How about any health challenges?

What gives you a sense of purpose in life?

What's unique about you?

Tell me 5 things you want me to know about you....