

New Client Info

Please complete at least the starred items and then as much of the rest as you're willing.
All your information is kept confidential.

Full name*: _____ Date*: _____

Name you prefer to be called*: _____ Age*: _____

Mailing Address*: _____

City*: _____ State*: _____ Zip*: _____

Primary Phone*: _____ Mobile Phone: _____

E-mail*: _____

Relationship status: _____

Names of significant others: _____

How did you hear about me? (names appreciated) _____

1) Have you ever experienced coaching before? ____ Yes ____ No

2) What other forms of support have you experienced in relation to reaching your goals?

3) What are your sources of emotional and/or spiritual support? I'd like to hear anything you want to share about your spiritual beliefs (e.g., law of attraction).

4) What is the most important result you want to experience with the support of coaching?

5) Identify 3–5 areas where you want to experience a shift. (Just go with your gut in this moment.)
As best you can, describe it in terms of a positive outcome or what will be happening if you are successful. (Examples: I'll have a comfortable work/life balance.)

6) What have you been putting off that you finally want to do?

7) What concerns do you find yourself pondering the most lately?

8) What energizes you?

9) What would you be doing if you knew you could not fail?

10) What specific expectations do you have of a coach?

11) What styles of helping discourage you?

12) What else would you like me to know about you or what you're looking for?