

# COACHING INTAKE *form*

Name	Date of birth
Address	
Phone	Email
Tell me a little about yourself and what attracted you to this experience at this moment.	

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 are you seeking from this coaching experience? Please describe a few key struggles.

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

This is a general coaching experience, and growth is our main goal. There should be room for some specific sub-goals, as well. What else might you like to achieve in your coaching sessions with me?

- |                                                          |                                                        |
|----------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Improve my health               | <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 stress and burnout   |
| <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 (please explain below)  |

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