



Client Information Form

Today's Date:

Contact Information

First Name:

Last Name:

Home Address:

Best Phone to reach you:

Best Email Address:

Employment Information

Occupation / Title:

Company Name:

Personal Information

Birthday (month/day):

Marital Status:

Name of Spouse / Significant Other:

Names and Ages of Children:

Names pets:

History

Are you currently experiencing difficulty managing any of the following issues? Please *circle* if it applies.

Depression

Anxiety

ADD/ADHD

If so, are you currently seeing a therapist for this? _____



Getting to Know You

As your coach, it's important for me to get to know you and how you view yourself and the world in general.

Please complete this form and return to me prior to our first coaching session.

1. What is the most important issue(s) that you want to explore in our coaching?

2. If six months from now, we looked back on how much progress you had made towards your goals, what specifically would you like to have accomplished?

3. In the past, what has gotten in the way of reaching your goals?

4. What three qualities best describe you?



5. What are your three greatest strengths?

6. What would make life more fulfilling for you?

7. As your coach, what tips can you give me to work with you most effectively?

8. Is there anything else you would like for me to know about you or what you want to work on?



Values

Uncovering core values is a key way of understanding what is important to you. We may uncover values you hadn't realized during our coaching that are significant to you and your life. Defining values is a powerful tool in making choices that will prove to be fulfilling.

In the space below, please begin a list below of values that you are currently aware of that impact your life. We will add to this list as we work together.