



Client Information Form

Today's Date:

Contact Information

First Name:

Last Name:

Home Address:

Best Phone to reach you:

Best Email Address:

Personal Information

Preferred Gender Pronoun(s):

Birthday (month/day):

Occupation:

Relationships that are important to you:

Mental Health

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

Depression

Anxiety

ADD/ADHD

Are you currently seeing a therapist? _____



Getting to Know You

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

Please complete this form and return it to me before our first coaching session. Share what you are comfortable sharing.

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

- 1.
- 2.
- 3.

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

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

What three qualities best describe you?

- 1.
- 2.
- 3.



What are your three greatest strengths?

1.

2.

3.

6. What are you hungry for, or 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?

Values

Uncovering one's primary values is a principal method of defining who you are and what is important to you. We may discover values you hadn't realized during our coaching that are intrinsic to you and your life. Defining values serves as a powerful tool in determining whether or not a given a choice will prove to be fulfilling.

Please list values that you are currently aware of below. If you need help identifying values, click [here](#) for a list of value words.

