

5 Fold Consulting, Inc

Nathalie H. Thompson, SPHR, ACC VA Supreme Court Certified Mentor Mediator

Coaching Intake Form

Contact Information

Name				
Street Address				
City, State, Zip				
Telephone	Day:	Evening:	Cell:	
Fax		·		
Email				
Occupation				
Web Site				
Referred by:				
Have your	If yes, what type of	coaching and for how lo	ong?	
worked with a	', ', ', ', ', ', ', ', ', ', ', ', ',	5	•	
coach before?				
	I.			

To help me understand your coaching needs, please answer the following questions?

- 1. What is the primary reason(s) you are entering into a coaching experience at this time?
- 2. What is the most exciting part of working with a coach?
- 3. What is the scariest part of working with a coach?
- 4. How do you want me to be as your coach (demanding, gentle, challenging, etc.?)

Email: Nathalie@5foldconsulting.com Phone: 703-431-5530



5 Fold Consulting, Inc

Nathalie H. Thompson, SPHR, ACC VA Supreme Court Certified Mentor Mediator

Coaching Intake Form

5.	5. What major transitions have you had in the last two years?				
6.	What was your greatest success in the past year	ar?			
7.	In your lifetime?				
8.	How would you rank your current level of satis	sfaction with ea	ch of the followi	ng areas of your life?	
	Life Area	Very Satisfied	Satisfied	Dissatisfied	
	Work				
	Emotional health				
	Physical health/well-being				
	Mental health				
	Finances				
	Spirituality/religion				
	Relationship with spouse/significant other				
	Relationship with children				
	Relationships with boss or coworkers				
	Social network/friendships	1			

Consider your satisfaction ratings in number 8 and answer the following questions:

Email: Nathalie@5foldconsulting.com Phone: 703-431-5530

Self-confidence/self-esteem

5 Fold Consulting of Facilitating Dialogue

5 Fold Consulting, Inc

Nathalie H. Thompson, SPHR, ACC VA Supreme Court Certified Mentor Mediator

Coaching Intake Form

9.	What is your biggest challenge right now that needs immediate focus or resolution?
10.	What are the things in your life that you are "putting up with", things you don't want or need in your life—clutter in your home or office, a difficult relationship at work, etc.
11.	List 3 short-term goals you'd like to achieve in the next 3 months.
12.	What are your most important goals for the next 6 months?
13.	What would you like to be doing and achieving one year from now?
14.	How will you feel when you accomplish these goals?
15.	What barriers do you face to achieving these goals?
	Our coaching relationship is confidential. Unless you disclose issues which your coach is required to disclose to norities (e.g., intent to harm yourself or others), all of the content of our conversations will be held in confidence.
Thanks	for completing this form!!! Please email to me at: Nathalie@5foldconsulting.com