



Coaching Intake Form

Contact Information

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

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.?)



Coaching Intake Form

5. What major transitions have you had in the last two years?

6. What was your greatest success in the past year?

7. In your lifetime?

8. How would you rank your current level of satisfaction with each of the following 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			
Self-confidence/self-esteem			

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

