



COACHING INTAKE FORM

Name:

Address:

Phone number:

Email:

What would you like to accomplish with your coaching sessions?

What would bring the most value to your life via the coaching sessions we have set up?

What are the obstacles that have kept you from achieving your goal so far?

What has helped you achieve the goals in this area in the past?

Who do you have in your life that will support you in reaching these goals?

Who are the people and the situations that might detract you from reaching this goal or taking the time to achieve your desired outcome?

In what way could you bring them on board with your goal? In what way can you change the situations that might keep you from having your desired outcome?

How can you create the best environment for reaching this goal?

What if you saw this goal as a dream instead of just a goal?

What tools have you successfully used in the past, that have helped you reach the desired outcome that you want in this area?

How important is it to you to achieve this desired outcome? Rate this desire on a Scale from 1 to 10 with one being the lowest and 10 being the highest.

When is the last time that you felt the feelings associated with the desire you are seeking?

How can you achieve the feeling of the desired outcome?

With one being the lowest and ten being the highest, what is your commitment level to the coaching process in meeting your objectives, and desired future in the area we will be working together on?

Where will you create time in your schedule to follow up weekly tasks that will drive you forward in creating your desired future?

What time commitment are you planning to give to achieving your desired plan, goals or dream? Three months, six months, a year?



Agreement with my coach:

I understand that prepayments for coaching sessions are non refundable. I understand that 48 hour notice is required for cancellations or reschedules of set appointments. Appointments can be rescheduled but without 48 hour notice, the payment cannot be transferred to the new appointment. I will take responsibility for appointments and will keep all coaching appointments by phone if meeting in person is not working out for me. This provides a back up for availability when an "in person" meeting is hindered.

I understand that coaching is meant to support and stimulate life improvement but is not meant for counseling childhood pain or processing the past. If pain or trauma comes, my coach will support me and be a listening ear as we move toward seeing how this applies to obstacles I am seeking to overcome. If there are much deeper past memories to work through I will seek a counselor and use coaching for life improvement.

Signed

Date