



We Coach Mentor and Counsel

Coaching Intake Form

General Information: Date:

Your Name: Address:

City:

Cell Phone: Home Phone: Work Phone:

Email: Gender: Male Female Age:

Date of Birth: Place of Birth:

Ethnicity/Nationality (optional): Relationship Status:

Number of Children Ages of Children

Education: High School Some college BA/BS MA/MS Ph.D. Other

Field of Study: Additional Background:

Company Name: Occupation/Title:

Preferred Phone #: Cell Home Work

Best Dates/Times to Reach You:

Your Goals:

What three goals would you like to accomplish within the next three months?

What one major goal would you like to accomplish within the next twelve months?

What has been your greatest challenge?

What do you expect to achieve as a result of hiring me as your coach?

On a scale of 1 to 10 (10 as high), rate the quality of your life your health the amount of stress

Here are ways of coaching clients. Which ones appeal to you?

Brainstorming strategies together Support, encouragement and validation

Insight into who you are and your potential Painting a vision of what you can accomplish

Accountability; checking up on goals

Exploring/removing blocks to your success

Suggesting or designing action steps

Working through self-improvement programs together

Any additional questions or comments: