

# Life Coach Intake Form

Name: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Country: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Occupation: \_\_\_\_\_

Reason(s) for seeking a Life Coach: \_\_\_\_\_

What motivated you to contact me?: \_\_\_\_\_

How did you find my practice? \_\_\_\_\_

On a scale of 1 (lowest) to 10 (highest) how compassionate do you feel you are with others?

1  2  3  4  5  6  7  8  9  10

On a scale of 1 (lowest) to 10 (highest) how compassionate are you with yourself?

1  2  3  4  5  6  7  8  9  10

What do you wish for? \_\_\_\_\_

If you could change some things in your life, what would they be? \_\_\_\_\_

What physical, mental, or emotional illnesses or injuries, if any, are you struggling with currently in your life? \_\_\_\_\_

Please list the type of healthcare professionals you are currently seeing (for example medical doctor, naturopathic doctor, psychotherapist, etc.). No names are necessary. \_\_\_\_\_

What prior knowledge or experience do you have with life coaching? \_\_\_\_\_

How would you describe yourself and would like me to know about you? \_\_\_\_\_

What would you like to achieve? \_\_\_\_\_

**Disclaimer:** The Client is aware that the coaching relationship does not represent psychological counseling or any kind of therapy. The Client is also aware that coaching results can vary and are not guaranteed. The Client agrees that he/she is entering into coaching with the understanding that the Client is responsible for his/her own decisions and results. The Client also agrees to hold the Coach free from all liability for any actions or results for adverse situations created as a direct or indirect result of advice given by the Coach.

(Client's initials) \_\_\_\_\_

**Session contact Procedure:** The Client shall contact the Coach at the agreed hour. If the Client fails to make the appointment time, the Client is still responsible for the coaching fee, unless 24-hour notice is given to reschedule. The coach will make every effort to reschedule with the client.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Important Issues

Please briefly outline any issues you would like to deal with and what you hope to achieve in the coaching setting:

Issue #1

Issue #2

Issue #3

Issue #4

Issue #5

## Personal Profile

Please briefly outline any issues you would like to deal with and what you hope to achieve in the coaching setting:

1.) I would describe myself as: \_\_\_\_\_  
\_\_\_\_\_

2.) Others would describe me as: \_\_\_\_\_  
\_\_\_\_\_

3.) The three things that I like most about my life/situation are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4.) If I could change three things about my life/situation, they would be:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5.) My three greatest accomplishments (so far) are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6.) Some of my hobbies/interests are: \_\_\_\_\_  
\_\_\_\_\_

7.) The one thing I would like most to accomplish (but haven't yet) is: \_\_\_\_\_  
\_\_\_\_\_

8.) The one thing I wish I could change in the short-term is: \_\_\_\_\_  
\_\_\_\_\_

9.) I think that the most important thing in life is: \_\_\_\_\_  
\_\_\_\_\_

10.) I am interested in working with a life coach because: \_\_\_\_\_  
\_\_\_\_\_