

Coaching Client Intake Form



Dear client,

please find the Client Intake questionnaire below. These questions aren't intended for your coach to simply learn more about you; rather, they are designed to create a reflective space where you can consider your current strengths, challenges, and opportunities. This will help you gain clarity on our coaching goals and identify what we need to focus on together to achieve them.

Name:	
City/Country:	
Email:	
Occupation:	
Describe who you are:	
Describe your passions:	
Top values:	Things that drive you nuts:
What are you seeking from your life right now?	



<p>What motivates you? What gives you energy?</p>
<p>What are the biggest challenges you are facing in reaching your goals?</p>
<p>What patterns of behavior are you aware of that could hold you back?</p>
<p>What elements of your character would you like to bring forth or leave behind?</p>
<p>What would you like to achieve from coaching?</p>
<p>What are the measures of success for our coaching relationship?</p>
<p>What does your coach need to know about you to get the best out of you?</p>
<p>What would you like your coach to do if you struggle with your goals?</p>
<p>What else does your coach need to know before we start a coaching relationship?</p>