FULL NAME:

STREET ADDRESS:

CITY/STATE/ZIP:

PHONE:

EMAIL:

BIRTHDAY:

REFERRED BY:

CURRENT OCCUPATION:

NATURE OF BUSINESS/POSITION:

*Please put some thought into your answers to the following questions.*

*This information will assist me in understanding you and thus our work together.*

Share five facts about your personal background - anything that you believe will help me understand you and allow me to better support you.

What are you most proud of accomplishing in your life?

What are your personal strengths and perceived weaknesses?

What are a few burning *short*-term goals you want to achieve over the next 90-120 days?

What changes or actions do you believe are needed for these *short*-term goals to be accomplished easily?

List several *long*-term goals.

Where are you most irresponsible?

What motivated you? What do you get energy from?

What else, if anything, should I know to best support you?

Why have you hired me?

What does coaching mean to you?

Where would you like to begin our work together?

Other comments: