Coaching Form

NAME: _____
DATE: _____
EMAIL ADDRESS: _____
PHONE NUMBER: _____

1. Please give me a brief overview of your situation and what you are hoping to get from a coaching experience.

2. What goals would you like to work on with a coach in order of priority?

3. What has been your past experience with setting goals, taking action, and sustaining action to complete the goals you set for yourself?

4. What do you consider to be your greatest strengths? What are your greatest challenges?

5. What are your greatest accomplishments and successes? What are your greatest obstacles in meeting the goals you set for yourself?

6. **What are the most important qualities that you would like to have in a coach? Describe the optimal coaching relationship that you envision.**

7. **Please share with me anything else about yourself that you feel is important for me to know.**

8. **Please let me know your preference and availability for in-office and/or phone coaching sessions.**