



*building calm*

life coaching —

## Getting To Know You Building Calm Coaching Intake Form

As your coach, it's important for me to understand how you view yourself, the world, and your place in it. Each person is unique and understanding you will help me support and assist you.

Please answer the following questions clearly and thoughtfully. They are designed to be thought provoking and may help you to clarify perceptions about yourself and the direction of your life, which will enable our work together to be more productive.

Take your time answering them. If they are not complete by our first session, just send me what you have and we can finish the rest later together! Your answers will be treated with complete professional confidentiality.

Name:

Preferred way to contact you:

### Health History

Current Medical History:

Current medications/supplements:

Are you under the care of a physician for any medical condition? Please describe.

Are you under the care of a mental health provider for any diagnosis? Please describe.

Are you receiving any other services or treatments? Please describe.

Allergies:



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### **Goals and Challenges**

What changes would like to make in your life in the next 5 years?

What short-term goals would you like to accomplish over the next 6 months?

What are the current obstacles preventing you from being successful?

What steps have you already taken to achieve your goals? What has been the result so far and what have you learned?

### **Life Coaching**

What do want to get from the coaching relationship?

What is the “best” way for me to coach you most effectively, what tips would you give to me about what would work best?

Do you have any apprehension or pre-conceived ideas about coaching?

What are 3 things you would like to me to know about you?

Please Note: Life Coaching is not a substitute for diagnosis or treatment of a medical condition or psychotherapy. My role is to supplement (not replace) the services normally provided by your physician/medical providers.

As your Life Coach, it is not my job to “treat” you, but to be your supporter and helpful resource. When it comes to your issues I will help you discover steps you may choose to take towards greater health and higher levels of well-being.

When appropriate, I may refer you to medical, psychological, nutritional and other health-related services for more information and to seek any treatment in these areas. As your Life Coach, I can continue to be a source of support, helping you to follow through with any treatment plans that you agree to with these other professionals.