



“Getting To Know You” Information Form

As we begin the coaching relationship, it will be helpful to get some background information about yourself. This is confidential information and you are free to pass on any of the questions. The more you complete, however, the better I will know you and be able to provide the best coaching experience.

Name: _____

Address: _____

Phone: (Home) _____ (Work) _____

Phone: (Mobile) _____ (Fax) _____

E-mail address: _____ Date of birth: _____

Employer Name: _____

Occupation: _____

Why do you want coaching?

Are you or have you ever been in counseling or therapy?

Yes No

If yes, please explain.

In the space below, write a brief life story. Use extra paper if you wish.

Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you in a different direction, or trying to get your attention?



What are the most important things (good and bad) happening in your life right now?

What ways would you like your life to be different one year from now? Be specific.

What's getting in the way of these goals?

List at least three things you procrastinate at – the things that you've been putting off.

What are your hobbies/areas of interest/passions/favorite book?

What are your favorite restaurants, places you like to 'hang out', types of food?

What are your favorite sports teams/places to shop?