**Client Coaching Intake Questionnaire**

**DATE:** \_\_\_\_\_\_\_\_\_\_\_\_

**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ADDRESS:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PHONE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Best time to reach you: Between: \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ A.M. \_\_ P.M \_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Each person perceives the world in their unique way and therefore it is helpful for me to understand a few things about yourself before we begin. Below is a list of questions designed to stimulate your thinking in a way that will make our work together more productive. There is no right or wrong answers and you do not have to answer each question. Take a moment to formulate your answers that best suits you.

**COACHING:**

What do you want to achieve from the coaching relations?

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How do you want me to be as your coach?

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What specific areas do you want to work on during coaching sessions?

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Name two things that would you wish to change significantly in the immediate future?

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During communication what can I say when you are “feeling stuck”?

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What changes might you need to make for our coaching sessions to be successful?

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What is the best form of learning you prefer that produces sustainable results?

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What time of day are you most productive?

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 What’s presently missing in your life?

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Once you have completed the questionnaire, please email to: Spirit@DeirdreBHealing.com