

Welcome! Please complete this questionnaire prior to your initial coaching session. Your responses help tailor our sessions to your specific goals, challenges, and vision for personal growth. All information shared is strictly confidential.

1. PERSONAL & CONTACT INFORMATION

Full Name:		Date of Birth:	
Preferred Name:		Today's Date:	
Email Address:		Phone Number:	
Occupation:		Preferred Format:	☐ In-Office ☐ Zoom

2. PRIMARY COACHING FOCUS

What specific area, challenge, or topic are you most looking to focus on in our coaching work?

Please describe what you would most like to address or transform during our time together.

3. CORE GOALS & VISION

1. What brings you to coaching at this specific moment in your life?

2. What are 2–3 specific outcomes or changes you hope to achieve through coaching?

3. If you were living a life that felt fully aligned, clear, and authentic to you, what would look or feel different?

4. CHALLENGES & CURRENT SELF-ASSESSMENT

1. What internal or external obstacles currently feel like they are holding you back?

2. How do you typically communicate or respond when facing conflict or stress in personal/professional relationships?

3. Self-Assessment Baseline (Rate your current satisfaction from 1 = Low to 5 = High):

Life Area	1 (Low)	2	3	4	5 (High)
Clarity of Personal Goals & Purpose	[]	[]	[]	[]	[]
Communication & Self-Expression	[]	[]	[]	[]	[]
Relationship Health & Connection	[]	[]	[]	[]	[]
Setting & Maintaining Healthy Boundaries	[]	[]	[]	[]	[]
Overall Life Satisfaction	[]	[]	[]	[]	[]

5. COACHING PARTNERSHIP PREFERENCES

1. Have you worked with a coach, counselor, or therapist before? If so, what was most or least helpful?

2. What style of support or feedback helps you thrive best? (e.g., direct & challenging, gentle & reflective, structured & action-oriented)

Thank you for taking the time to complete this questionnaire. Please submit this form at least 24 hours prior to your scheduled Discovery Session or initial coaching appointment.