



# Getting to Know You Coaching Form Template

\* Required information

**First name \***

**Last name \***

**What's your email? \***

**Address:**

**What is your favorite Color?**

**Tea or Coffee?**

**How do you learn and consume information best?**

**If you could describe yourself in 3 words, what would they be?**

**How would your friends describe you?**

**What's something people often get wrong about you?**

**If a book or movie was made about your life, what genre would it be?**

**What is the most courageous thing you did this year?**

**What major goals are you laying the foundation for?**

**How do you approach setting and completing goals?**

**How successful are you at completing goals and tasks you set out for yourself?**

**What are you most excited about regarding coaching?**

**What are your biggest concerns about starting coaching?**

**What questions do you have for me that you would like us to explore during our initial call?**

**Anything else you want me to know?**



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