8/23/23, 3:37 PM Practice



First Coaching Session Form Template

* Required information First name * Last name * What's your email? * What is your occupation? Where do you live? Please describe your home to me. What are your favorite hobbies, how do you like to spend your spare time?

What are you looking for in a coaching relationship?

3:37 PM	Practice
lave you ever worked with a coach bef	ore?
lave you ever worked with a couch ber	ore.
Which symptoms and signs are you exp	neriencing?
which symptoms and signs are you exp	periencing:
o what extent do you experience stres	es currently in your life?
o what extent do you expenence stres	s currently in your me:
What are the main causes of this stress	~?
what are the main causes of this stress	5:
Mhat maile a ale control book	
	ma in magant years?
What major changes have you undergo	ne in recent years?
vnat major cnanges nave you undergo	ne in recent years?
vnat major cnanges nave you undergo	ne in recent years?
vnat major cnanges nave you undergo	ne in recent years?
rvnat major cnanges nave you undergo	ne in recent years?
What are you most pleased and proud o	of having accomplished in your personal and
What are you most pleased and proud o	
What are you most pleased and proud o	

What makes you unique and powerful?

3, 3:37 PM	Practice
What goals do you want to oah	sieve in the next three (2) menthe?
what goals do you want to ach	nieve in the next three (3) months?
and the state of t	
Where are you now on these go	oals?
What's stopping you?	
NA/lock models de verreurant to colo	in the period to the (12) we such a 2
what goals do you want to ach	nieve in the next twelve (12) months?
Where are you now on these go	oale?
where are you now on these go	udis:
What's stanning you?	
What's stopping you?	

What is one big dream you'd like to accomplish in your life?

		Practice		
Conorally enocking	a what is your dogra	o of comfort with a	solf awaranasa sal	f inquiry hooli
	g, what is your degre			
spiritual practices	such as meditation,	breathwork, self c	ompassion, journa	iling, etc.?
(1 being uncomfor	rtable and 5 being ve	ery comfortable.)		
1	2	3	4	5
1	2	3	4	5
1		-	4	5
1 Is there anything e	2 else I should know be	-	4	5
1 Is there anything e		-	4	5
1 Is there anything e		-	4	5
1 Is there anything e		-	4	5

