



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?

Have you ever worked with a coach before?

Which symptoms and signs are you experiencing?

To what extent do you experience stress currently in your life?

What are the main causes of this stress?

What major changes have you undergone in recent years?

What are you most pleased and proud of having accomplished in your personal and professional life?

What makes you unique and powerful?

What goals do you want to achieve in the next three (3) months?

Where are you now on these goals?

What's stopping you?

What goals do you want to achieve in the next twelve (12) months?

Where are you now on these goals?

What's stopping you?

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

Generally speaking, what is your degree of comfort with self awareness, self inquiry, healing or spiritual practices such as meditation, breathwork, self compassion, journaling, etc.?

(1 being uncomfortable and 5 being very comfortable.)

1	2	3	4	5
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Is there anything else I should know before we talk?



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