

The Next Step Christian Coaching

Intake Client Form

Getting To Know You

Coaching is more effective and efficient if you can give me some information about yourself at the beginning. This information is confidential and you are free to not answer any of the questions. I encourage you to be open and share the information in order to get the most from our coaching relationship.

Name: _____

Name You Would Like To Be Called: _____

Address: _____

Home Phone: _____

Work Phone: _____

Preferred Phone: _____

E-mail: _____

Occupation: _____

Employer: _____

Date of Birth: _____

Marital Status: _____

Spouse's Name: _____

Name and Ages of Children:

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Life Satisfaction Questionnaire

How satisfied are you with different areas of your life? Circle a number 1 to 10 next to each of the areas of life. If you give an item a 1, you are completely dissatisfied with this part of your life. It means, "This part of my life is entirely unacceptable to me in its current state." A number 10 means, "I couldn't be happier or more satisfied with this area of life." Your overall satisfaction will change from day to day, but try to give an overall assessment of where you are at present.

1 - Completely Dissatisfied

10 - I Could Not Be Happier

Physical Health _____

Mental/Emotional Health _____

Career/Employment Satisfaction _____

Financial Stability _____

Marriage/Romantic Relationship _____

Home Life (Immediate Family) _____

Extended Family (Relatives, In-Laws) _____

Friends/Social Life _____

Recreation/Relaxation/Leisure _____

Lifestyle (Degree of Busyness and Life Balance) _____

Personal Life Fulfillment _____

Spiritual Health/Life _____

Church/Religious Life _____

Physical Comfort (Housing, Neighborhood, Possessions, etc.) _____

1. Why do you want coaching? Be as specific as possible. *Use extra paper if necessary.*

2. Are you or have you ever been in counseling or therapy? Yes No

If yes, please explain.

3. Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you in a different direction, or trying to get your attention?

4. What are the most important things (good or bad) happening in your life right now?

5. In what ways would you like your life to be different one year from now? Be specific.

6. What is getting in the way of these goals?

7. List at least three things you procrastinate at - the things that you've been putting off.

8. What, if any, are your concerns about coaching?

9. Rate the level of stress in your life on a scale of 1 to 10 (1=low and 10=high)

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10. What are your primary stressors?

11. Why did you select The Next Step Christian Coaching?

12. What would you like me to do if you get behind in progress toward your goals?

13. How do you like to be supported or held accountable?

14. What else would you like me to know about you?

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CHRISTIAN COACHING: Helping Others Turn Potential into Reality, 2001.