



## Professional Coaching

### Client Information

*Please respond to the following questions as clearly as possible. Legible writing is always appreciated!*

Full Name \_\_\_\_\_

Preferred Name (what you like to be called) \_\_\_\_\_

Current Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Best Phone Number to reach you: (\_\_\_\_\_) \_\_\_\_\_

This is (circle) Cell Home Work Other

Second Best Phone Number to reach you: (\_\_\_\_\_) \_\_\_\_\_

This is (circle) Cell Home Work Other

Primary Email Address: \_\_\_\_\_ @ \_\_\_\_\_

Current Age: \_\_\_\_\_ Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Day Month  
Year

Marital Status:  Single, never married  Married

Single, previously married  Widowed

Describe the state of your current relationships. Include spouses, significant others, parents, colleagues and/or important friends.

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Current Employment:

I am currently employed.  I am not currently employed. (Complete information below) Last date of employment: \_\_\_\_\_

Name of Last or Current

Employer: \_\_\_\_\_ Describe your current position—what it is called, what you do, etc.

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Describe your current thoughts and feelings about your work or school—present, past and/or future.

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How would you describe your current physical condition? Please be honest and candid, and state any concerns you have in this area. Include any medications you are now taking.

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Describe your educational background (highest level completed, technical certificates or college degrees—including major/area and graduation dates, and any schooling you are currently involved in).

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What are the main goals and/or concerns for which you are seeking life coaching?  
Please be as specific as possible.

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Describe any spiritual/religious/values orientation you have and your current involvement in activities related to these.

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How did you learn about life coaching in general, and about our services in particular?

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What else would you like me to know as we begin our coaching relationship?

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Please complete these pages and return them to me as soon as possible, so I can review them prior to our initial assessment interview.

Please read the Coaching Agreement, **BUT DO NOT SIGN IT YET.** Bring it with you to our first meeting.

Feel free to include anything else you think would be helpful for me so I can deliver the best coaching possible for you.

Thank you!

Theresa Lode, Professional Coach

Life Uncluttered Coaching

(406) 442-2101

[www.lifeunclutteredcoaching.com](http://www.lifeunclutteredcoaching.com)

