

Personal Information Fact Sheet

All personal information is confidential and treated appropriately

ABOUT YOU . . .

Full Name:

Name you prefer to be called:

Address:

Phone (main):

Phone (other):

e-mail:

Occupation:

Preferred occupation (if different):

ABOUT COACHING . . .

My ambitious goal is. . .

If you were to work with a coach, what are the top 3 things you want to accomplish in the next 3 – 6 months?

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Where do you hope to see yourself a year from now?

5 years?

On a scale of 0 (low) to 10 (high), how committed are you to achieving your goals?

Where do you get stuck?

What does it mean for you to commit to yourself?

What does it mean for you to commit to others?

What would you look for from a coach?