

Paramount Transitions, LLC

15400 W. 64th Ave, 9E, Ste 160, Arvada, CO 80007

(303) 431-3092

Client Intake Sheet

The more I know about you, the faster we will work together as a team to make things happen. Please take a reasonable amount of time (you define that!) to answer the following questions. There are no right or wrong answers. Some of the questions capture information about where you are today. Other questions will make you curious about what you want from coaching, from your career and from your life in general. Your answers will help us set a strong foundation for the coaching relationship. Please fill out the form below and email it back to me at Sandra@ParamountTransitions.com prior to our first session, if at all possible. Use as much space as you need. Some questions may seem redundant, but please answer as you well as you can. Please be reminded that all information will be held in the utmost confidence.

Name:

YOUR GOALS AND EXPECTATIONS:

What are your expectations of this coaching relationship?

What are three results you would like to achieve in the next 3 months?

What are the three biggest changes you want to make in your life over the next year?

What do you want to achieve most? Are you ready for it?

YOUR HISTORY:

What have been your three greatest accomplishments to date?

What is the hardest thing in your life that you have had to overcome and how did you overcome it?

What major transitions have you had in the past two years? (i.e. change in a primary relationship, a new job or job loss, change in residence, health issue, birth or death in family, change in financial status)

Are you currently (or recently) working with a mental health professional or undergoing treatment for depression or addiction? Please describe.

YOUR LIFE:

What parts of your life do you feel you control?

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What parts are not under your control?

What is your most challenging issue today?

On a scale of 1 to 10, with 10 high, rate the quality of your life today.

On a scale of 1 to 10, with 10 high, rate the amount of stress in your life today.

What are your primary sources of stress?

List three things that you are tolerating or putting up with in your life at present. (i.e. papers you can't find, clutter, rude friends, poor lighting, tight shoes, dented car, job dissatisfaction, relationship problems, etc.)

Do you consider your life to be 'balanced'? Please explain.

YOURSELF:

What are three of your unique skills, gifts or talents?

What are three ways you historically get in the way of your own success?

What motivates you?

What is your personal definition of success for yourself?

COACHING YOU:

What would you like me to do if you get behind on your goals?

What types of approaches discourage you or take away your motivation?

How would you describe your learning style?

How will you know when you are receiving value from the coaching process?

POTENTIAL AND POSSIBILITY:

What single shift would make the most difference in your life?

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What is a dream or goal you have given up on or just left behind?

What is your biggest unexplored potential?