PERSONAL INFORMATION SHEET

(All personal information is confidential and will be treated appropriately.)

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| --- | --- | --- | --- | --- | --- |
| **CLIENT INFORMATION** (COMPLETE) | | | | | |
| Name & Surname |  | | | | |
| Address |  | | | | |
|  | | | | | |
| Contact number | (H) | | | (C) | |
| Email |  | | | | |
| Date of birth |  | | Age | |  |
| Marital status | |  | Number of children | |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **COACHING PREFERENCES** (CHOOSE OPTION) | | | | | | | | | |
| Online Coaching | Skype | |  | Zoom | |  | Facetime | |  |
| Skype address |  | | | | | | | | |
| In Person Coaching | Coach’s office | |  | Client’s office | |  | Other | |  |
| Meeting address (if other than coach’s office) | | | | | | | | | |
|  | | | | | | | | | |
|  | | | | | | | | | |
| Preferred day of week | |  | | |  | | |  | |
| Preferred time of day | |  | | |  | | |  | |

|  |  |
| --- | --- |
| **WHAT ARE YOU LOOKING FOR?** (TICK ALL THAT APPLY) | |
| 1. For more Meaning/Purpose in Life |  |
| 1. For more Fulfilment/Happiness in Life |  |
| 1. For more Ease/Simplicity or Balance in Life |  |
| 1. For more Freedom and/or Inner Peace in Life |  |
| 1. To Change or Move Forward in my Career |  |
| 1. To Achieve my Goals Faster/More Easily |  |
| 1. To Learn to Trust Myself more/Be My Authentic Self |  |
| Other (If there was something you haven’t mentioned yet, what would it be?) | |
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