

Royal Life Coaching

Date: _____

Intake Process and Questionnaire

Name: _____ Date of Birth: _____

Cell #: _____ Email: _____

Session Fees: \$75 per 60 Minute Session or Agreed Upon Set Packages

As your coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around themselves.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take several days to compose your response to these questions. Thank you.

Coaching

1. What do you want to make sure you get from the coaching relationship?

- _____
- _____
- _____
- _____
- _____

2. How do you want me to be as your coach?

- _____

3. What do you want to work on in coaching?

- _____
- _____

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4. What two steps could you take immediately that would make the greatest difference in your current situation?

- _____
- _____

5. What can I say to you when you are most “stuck” that will return you to action?

- _____
- _____

6. What changes might you need to make in order to help your coaching be successful?

- _____
- _____
- _____

7. If you trusted your coach enough to tell me how to manage you most effectively, what tips would you give?

- _____
- _____

Career (if applicable)

8. What do you want from your career or job?

- _____
- _____
- _____

9. What are your key career goals?

- _____
- _____

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10. What skills or knowledge are you developing?

- _____
- _____
- _____

11. How do your career goals support your personal goals?

- _____

12. What do you want to do to support your career goals?

- _____
- _____

Personal

13. What accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived, a life of few or no regrets?

- _____
- _____

14. If there were a secret passion in your life, what would it be?

- _____

15. What do you consider your role to be in your local community?

- _____

16. What do you consider your role to be in your country?

- _____

17. What do you consider your role to be in the world?

- _____

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18.If you could devote your life to serving others, and still have the money and lifestyle you need, would you do it?

- _____

19.If you did number 18, how would it look?

- _____

20.Write down 2 – 3 things that are really working well for you.

- _____

- _____

- _____

21.What do you do when you're really up against it?

- _____

22.If you had a 5 year goal and you had the continuing services of a coach to help you make it happen, and money were not an issue, what would that goal be?

- _____

- _____

- _____

23.What differences would working with a coach make in 22?

- _____

24.What is missing in your life?

- _____

25.What would make your life more fulfilling?

- _____

26.What activities have special meanings for you?

- _____

- _____

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27. Who are the significant people in your life?

- _____
- _____
- _____

28. What have been the significant events in your life?

- _____
- _____
- _____

29. Tell me about a time when you were operating at peak performance?

- _____

30. Tell me about a time when things were going well for you?

- _____

31. Tell me about a time when you were on top of your game?

- _____

32. Tell me about a time when you were pleased with what you were doing or accomplishing?

- _____

Client Printed Name: _____

Client Signature: _____

Date Signed: _____