

**"GETTING TO KNOW YOU" PERSONAL
INFORMATION FORM**

Christian coaching is more effective and efficient if you can give the coach some information about yourself at the beginning. This is confidential information, and you are free to pass on any of the questions. The more you complete, however, the better your coach will know you and be able to provide the best coaching experience.

Name: _____

Name you like to be called: _____

Address: _____

Phone (Home) _____ (Work) _____

Phone (Cell) _____ (Fax) _____

Email address _____

Occupation _____

Employer _____

Date of birth _____ Marital status _____

Spouse's name _____

Names and ages of children:

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Why do you want coaching?

In the space below, write a brief life story. Use extra paper if you wish.

Are you or have you ever been in counseling or therapy?

Yes No If yes, please explain.

Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you in a different direction, or trying to get your attention?

What are the most important things (good and bad) happening in your life right now?

In what ways would you like your life to be different one year from now? Be specific.

What's getting in the way of these goals?

List at least three things you procrastinate at - the things that you've been putting off.

What are your insecurities about Christian coaching?