

Client Info & Contact Details

Tammy Barnett Life Coaching, LLC

Note: All personal information is held securely in accordance with the appropriate legislation, confidential and treated appropriately.

Client Information

First Name _____ Last Name _____

Name you like to be called _____

Address _____

Telephone Numbers/Contact Details

Home _____ Work _____

Cell Phone _____ Text Messaging okay? () Yes () No

Email/s _____

Best Contact Method _____

Employment Information

Occupation _____

Employer Name _____

Personal Information

Date of Birth _____ Marital Status _____

Significant Other's Name _____

No. of Children _____

Name(s) and Age(s) of Child(ren) _____

Medications currently taking _____

Health condition/diagnosis which you would like me to know about _____

Please take as much space as needed to answer the following questions (Using a separate sheet of paper or back if needed).

Please write a brief story about yourself, giving whatever background you wish.

Why do you want life coaching? What specific issues would you like to work on?

Have you ever been coached before? If so, describe your experience.

Are you now or have you ever been in counseling or therapy? Please explain.

What are the major things happening in your life right now?

How would you like your life to be different one year from now?

What is getting in the way of these changes or goals?

List three things you are procrastinating on in your life right now

- 1.
- 2.
- 3.

Describe your spirituality. What is your relationship with God?

Please include any other information you feel important for me to know.