



# i-3 COACHING

& C O N S U L T I N G

## CLIENT DATA FORM

The following items constitute some preliminary information that will assist me in understanding you and your needs. Please send your responses by e-mail to me at [ebmacaluso@gmail.com](mailto:ebmacaluso@gmail.com). Take as much space as you need; don't restrict yourself to the space available on this sheet. If you prefer not to respond to any of the items, leave them out. If applicable, we can explore those items at a later date.

All personal information is confidential and is treated appropriately.

Name \_\_\_\_\_

Home Address \_\_\_\_\_

\_\_\_\_\_

Occupation \_\_\_\_\_

Business Address \_\_\_\_\_

\_\_\_\_\_

Home Telephone \_\_\_\_\_

Business Telephone \_\_\_\_\_

Fax Number \_\_\_\_\_

Email Address \_\_\_\_\_

Referred By \_\_\_\_\_

Birthdate \_\_\_\_\_

Key people in your life:

Name \_\_\_\_\_

- 1) **As you contemplate working with a coach, what results would you like to achieve?**
  
  
  
  
  
  
  
  
  
  
- 2) **As you achieve those results, how will your life feel different from the present?**
  
  
  
  
  
  
  
  
  
  
- 3) **What habits/activities/thought processes do you believe need to be dropped, simplified or let go of, in order to achieve those results?**
  
  
  
  
  
  
  
  
  
  
- 4) **List five (5) of your personal strengths or assets.**
  
  
  
  
  
  
  
  
  
  
- 5) **List five (5) energy drains that exist in your life at present.**

- 6) **List at least five (5) empowering habits that you currently practice or desire to practice (indicate (C) current / (D) desired) (e.g. exercise three times weekly).**
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
- 7) **Coach's role: What do you expect of me? Please include what does/doesn't work in having someone support you.**

**This space is for anything else you would like me to know.**