

Empowered Living Consulting

Life Coaching Intake Form

Please provide the following information. Information you provide is confidential, just as our sessions. Please fill out this form and email it to intake@empoweredlivingconsulting.com prior to your first session.

Date: _____

Name: _____
(First) (Last) (Middle Initial)

Birth Date:_____/_____/_____ **Age:** _____ **Gender:** □ Male □ Female

Address: _____
(Street and Number) (City) (State) (Zip)

Home Phone: ( )_____May we leave a message? □ Yes □ No

Cell/Other Phone: ( )_____May we leave a message? □ Yes □ No

E-mail:_____May we email you? □ Yes □ No
*Please be aware that email might not be confidential.

Marital Status:
□ Never Married □ Partnered □ Married □ Separated □ Divorced □ Widowed

If married, name of spouse: _____

Name of Children and ages:_____

How did you find us? (check any that apply)
☐Internet Search
☐Family or Friend: _____
☐Website
☐Other: _____

Personal/ Professional Goals:

What do you expect to achieve in life as a result of hiring me as your life coach?

_____

_____

_____

What are the biggest changes you want to make in your life in the next 3 months?

1. _____

2. _____

3. _____

What are the biggest changes you want to make in your life over the next 3 years?

1. _____

2. _____

3. _____

What is preventing you from achieving these goals?

_____

_____

_____

Have you worked with a life coach before?
If so, what worked well for you and what did not work in the relationship(s)?

_____

_____

_____

_____

Agreement

Date:_____

Name: _____

Our sessions may be conducted over the phone, in person, or virtually (Zoom, Skype, Facetime, etc.).

Cancellations
Missing or rescheduling sessions is strongly discouraged. If an unforeseen event does require you to reschedule, I must be notified at least 24 hours prior to the scheduled session. Please remember that not completing, or partially completing any assignments you may have been given is not a reason to reschedule. If assignments are not complete, it is very important that we work together during your scheduled session to strategize, overcome obstacles, and establish next steps. If prior notification of cancellation or reschedule is not given prior to the scheduled session, the session will be considered missed and no refund will be issued.

Disclaimer of Liability: Therapy and other modes of professional or medical psychological examination shall not be considered equivalent to coaching. Empowered Living Consulting coach is not a registered psychologist or psychiatrist, nor a licensed therapist. They do not engage in therapy with coaching clients. By entering into the coaching relationship and signing this agreement, the client agrees that if any mental health difficulties arise during the course of the coaching relationship, they will notify Empowered Living Consulting immediately so that an appropriate referral can be discussed.

I have read and agreed to the Policies and Disclaimer of Liability.

Client's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

Once you have completed this form please email it to me at intake@empoweredlivingconsulting.com. If you have any questions, feel free to contact me.