

# Intake Form

Please write as much or as little as you like. This is a useful reference for us both.  
Everything you share with me is kept in the strictest confidence.

\* Indicates required question

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1. Email \*

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2. Your name: \*

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3. Please describe in your own words what the issues or challenges are that you are facing. \*

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4. How are these issues impacting your daily life? Describe the impact of the situation on your life, your family, friends, and environment - what is this costing you daily? \*

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5. How long have you been feeling this way? \*

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6. What have you done to try to help the situation before seeking help from me? \*  
Describe any therapy, coaching, self-help you've tried.

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7. Please describe in your own words, your ideal outcome for coaching and NLP \*  
with me. Think blue-sky, anything is possible.

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8. Please describe in your own words what your expectations are of the process, of \*  
me as your coach, of the sessions themselves:

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9. Is there anything you think I should know, which knowing this, would make you feel more comfortable? \*

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