

Coaching Intake Form

Please complete this form and return to me at [shannon@insightfulfirefighter.com](mailto:shannon@insightfulfirefighter.com).

Name:

Date:

Cell phone:

What do you do for a living?

1. Why is it important for you to seek coaching at this time?
2. Have you ever been coached before? If yes, what did you like or dislike about it?
3. What would you like to achieve through coaching?
4. Why is this important to you?
5. If you achieved your goal, how would this make you feel?

Thank you for providing this information. It takes courage to take this step and I want to honor that. I personally review each form and I will call you to set up a free strategy session to see if we are a good fit. This strategy session is totally on me. Let’s create the shift that gets you living the life you dream about consistently.