BRIDGING THE GAP LIFE COACHING AND ADVOCACY

ADULT CLIENT INTAKE FORM

“Be Seen. Be Heard. Become.”

Welcome! This intake form helps me understand you, what brought you to coaching, where you would like support, and what you hope to accomplish. Please answer only what you are comfortable sharing.

CLIENT INFORMATION

Full Name: _____

Preferred Name: _____

Date of Birth: _____ Pronouns (optional): _____

Phone: _____

Email: _____

Preferred method of communication: _____

Preferred coaching format: ☐ In-person ☐ Virtual ☐ Phone ☐ Other: _____

COACHING STARTING POINT

What brings you to coaching at this time? _____

_____

What would you most like help with? _____

_____

What is currently going well in your life? _____

What feels difficult, overwhelming, or unclear right now?

_____

_____

GOALS & GROWTH

What are your top 1–3 goals for coaching? _____

_____

If coaching is successful, what would be different for you?

_____

_____

What is one change you would like to begin making now?

_____

STRENGTHS & SUPPORT

What are three strengths you see in yourself? _____

What do people who know you well say you are good at?

_____

Who or what supports you when life is difficult? _____

What tends to get in the way of reaching your goals?

_____

_____

AREAS YOU MAY WANT TO EXPLORE

☐ Confidence / self-worth

☐ Communication

☐ Boundaries

☐ Relationships

☐ Self-advocacy

☐ Organization

☐ Time management

☐ Career / education

☐ Life transitions

☐ Purpose / direction

☐ Decision-making

☐ Accountability

☐ Personal growth

☐ Other: _____

FAITH & SPIRITUAL PREFERENCES

Bridging The Gap is a Christian, faith-based coaching practice. With client consent, coaching may include prayer, Scripture, biblical principles, and faith-based encouragement.

How would you like faith incorporated into your coaching?

☐ Prayer before/after sessions

☐ Prayer during sessions when appropriate

☐ Scripture / biblical principles

☐ Faith-based encouragement

☐ I prefer faith to be discussed only when I request it

☐ I do not wish to incorporate faith into my sessions

Is there anything about your faith, spiritual journey, or values you would like me to understand?

_____

_____

YOUR COACHING STYLE

What helps you feel supported?

☐ Someone who listens

☐ Gentle encouragement

☐ Direct/honest feedback

☐ Questions that make me think

☐ Accountability

☐ Practical action steps

☐ Prayer/faith encouragement

☐ A combination of these

How can I best support you when you are struggling?

_____

_____

Is there anything you do NOT want from your coaching experience?

_____

IMPORTANT INFORMATION

Coaching is not therapy, medical care, psychiatric care, crisis intervention, or a substitute for licensed professional services. Please use the consent form for the full acknowledgment and limitations.

Is there anything else you would like your coach to know before we begin?

_____

_____

CLIENT ACKNOWLEDGMENT

I have completed this intake form honestly to the best of my ability. I understand that this information is used to help guide my coaching experience and does not create a medical or therapeutic relationship.

Client Signature: _____ Date: _____

Coach Notes: _____