

Sample Initial questionnaire

Here is a sample intake questionnaire. It will not suit every coach or every client, and it can be adapted to your individual preferences and the circumstances in which it is being used. This questionnaire assumes that the Client has come to see you for Life Coaching and doesn't have an immediately obvious issue they want to resolve.

You may choose to have a more basic form to start with, perhaps to use as part of an initial consultation. If you use a comprehensive form such as this, make sure you get permission for asking in depth questions and explain why before you start.

Name

Date of birth

Place of birth

Nationality

Your mother's name

Her nationality

Her age when you were born

Your father's name

His nationality

His age when you were born

Were your parents married when you were born?

Were they happy together?

Did they stay together?

If not, what happened, when?

Is your mother still alive?

If not, when and how did she die?

How was your relationship with her when you were small?

How has it been since you grew up?

Is your father still alive?

If not, when and how did he die?

How was your relationship with him when you were small?

How has it been since you grew up?

Tell me about your brothers and sisters. Their names, ages, how things were/are between you.

Tell me about any other important relations/others during your childhood.

Tell me about your current partner (if you have one). Their name, age, how long you've been together, how things are between you.

Tell me about any other significant relationships you've had.

Do you have children? If so, tell me their names, ages, who their other parent is, do they live with you, if not, do you have contact?

Are there other significant people in your life?

Are you happy with your home?

What would you like to improve?

Where or how would you like to live?

When did you leave school?

What qualifications did you get?

How was school?

Did you go to College? If so, what did you study and how was it?

What work do you do?

Do you enjoy this?

Have you done anything else?

Do you wish you could do something different?

Are you happy with the conditions at work (money, hours, people, location etc.)?

What do you do when you are not working?

What excites you?

What interests you?

What bores you?

How is your health?

Do you have, or have you had significant medical conditions that affect your life?

Do you smoke?

Do you drink? If so, how much?

Are you physically active?

Do you eat healthily?

Are you happy with your weight?

Are you happy with your body? If not, what bothers you?

Do you have unfulfilled ambitions?

What would you like to do or be?

What stops you?

Who do you admire? What is it about them?

Who do you dislike? What causes that?

Do you like yourself?

What are the best things about you?

What are the worst?

What would your friends say if they saw those answers?

What would your partner and/or family say?

What prompted you to have life coaching?

What do you wish to achieve?

When do you wish to achieve it by?