

Appendix E

## Getting to Know You Personal Information Form

Christian coaching is more effective and efficient if you can give the coach some information about yourself at the beginning. **This is confidential information and you are free to pass on any of the questions.** The more you complete, however, the better your coach will know you and be able to provide the best coaching experience. You can complete this on line and return it to [grc@garyrcollins.com](mailto:grc@garyrcollins.com)

Name:

Name you like to be called:

Address:

Home phone:

Work phone:

Mobile phone:

Please put an x next to the best number (above) to call you

E-mail address:

Fax:

Occupation:

Employer name:

Date of birth:

Marital status:

Spouse:

Names and ages of children

*Please take as much space as you need to answer the following questions or as many as you want to answer.*

Please write a brief life story, giving whatever background you wish.

Why do you want coaching? What **specific issues** would you like to work on?

Have you ever been coached before? If so, describe your experience with coaching.

Are you now or have you ever been in counseling or therapy?

If yes please explain:

Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging, or getting your attention?

What are the major things happening in your life right now?

How would you like your life to be different one year from now?

What is getting in the way of these changes or goals?

List three procrastinations in your life right now.

If we worked together, in what ways might you undermine or sabotage your coach? How would a coach Help you to stop doing this?

What are your insecurities about coaching?

Please include any other comments you wish to add.