

# iRock Coaching

FOR WOMEN IN BUSINESS, PROFESSIONALS AND SMALL BUSINESS OWNERS

## Client Information Form (AI)

Please complete this form and return to [judyjvr@irockcoaching.co.za](mailto:judyjvr@irockcoaching.co.za) as soon as possible.

Name and surname	
ID number	
Cell: E-mail:	
Education	
Company	
Position at company	
What was your business turnover for the past financial year?	
What are your financial goals for 2015?	
My personal income was more than R350 000 last year.	YES NO

### Your history

Describe your three greatest accomplishments to date.

What made these accomplishments stand out for you?

What have you incorporated into your current actions from your past accomplishments?

How could you use what you've learned from these accomplishments to assist you in making future changes?

What major transitions have you had in the past two years?(eg. New assignment, new relationship, etc.)

If you worked with a coach before or a similar one-on-one adult relationship (eg. Sports coach, teacher, therapist), what worked well for you?

## **Your Life**

Who are your major role models?

What attributes of these role models do you admire and want to emulate?

What are the 5 most positive things in your life?

What are the 5 things you would like to change in your life that would make it even more satisfying, effective, and joyful?

Who are the key supportive people in your life, and what do they provide for you?

On a scale from 1 – 10 (1= least effective and 10 = most effective), rate the quality of your life.....By what criteria did you rate yourself?

What % of the life you are leading is actually YOUR life?

## **Your self Today**

List 5 adjectives that describe you at your best.

What prevents you from being at your best?

What energises you?

What saps your energy?

What are you learning and accepting about yourself at present?

In what ways do you currently spend time, that if you were to spend it differently, would yield greater happiness and achievement?

What do you consume now, that if you didn't, would allow you to be healthier?(eg. Alcohol, caffeine, sugar, etc)

Could therapy effectively resolve some issue in your life now?

**Potential**

What is your personal and/or professional vision?

What would you like to contribute to the world?

What are you most wanting to achieve in the next three years?

What are you most wanting to achieve in the next 6 months?

How ready are you to go for it?

Use the boxes below as thought starters for the goals above:

Family/Home	Relationships
Financial situation	Leisure time
Career or business	Self care
Personal character	Learning

### **Making it happen**

Why do you want to work with a coach?

What are 3 immediate changes you can make to get you off to a good start in our coaching?

How can I help you to be more effective in working toward your goals?

Here are ways coaching clients work with me. Which of these appeal to you? Select as many as apply.

- Brain storming strategies together
- Clarifying goals
- Implement new work/business strategies
- Support, encouragement, and validation
- Insight into who you are and your potential
- Painting a vision of what you can become or accomplish

- Exploring possibilities and building on past success
- Accountability; checking up on goals
- Suggesting or designing action steps that lead to greater effectiveness and joy

What approaches to change have you found less effective for you?

What responsibility do you have for ensuring that our relationship works well?

How will you know that your coaching experience has been effective?

*Thank you for completing this form.*