



**Fred E.W. Peipman, Ph.D. P.A.**

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**PERSONAL COACHING INFORMATION & EXPECTATIONS**

**Today's Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Contact Phone #:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_ @ \_\_\_\_\_

**Date of birth:** \_\_\_\_\_

After our initial face-to-face appointment, I would prefer (please check one or more):

- Coaching over the phone
- Face to face coaching
- Internet coaching using instant messaging (chat)
- Internet coaching using Email

My signature below indicates that I have read the "Coaching Policies and Privacy Agreement," "Teletherapy Consent" (if applicable), and "Cancellation Policy" forms and I agree with the policies and terms of the agreement.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Coaching Goals & Expectations**

No journey should begin without an awareness of your destination. This form will help us both understand the direction of your personal coaching destination. Please answer each question and bring this form to your next session.

What do you most want to achieve from your coaching sessions?

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What are your current expectations of coaching?

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If you came with an instruction book, what would it say about how you'd like to be coached? (eg – challenged if you don't keep your word, treat you with lots of TLC etc.)

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On a scale of 1 to 10, how committed are you to making changes in your life?

**1      2      3      4      5      6      7      8      9      10**

List 10 unsatisfactory things that you are tolerating in your life right now (these could be anything from a letter or phone call you need to answer to a career or relationship that you feel is making you miserable).

- 1** \_\_\_\_\_
- 2** \_\_\_\_\_
- 3** \_\_\_\_\_
- 4** \_\_\_\_\_
- 5** \_\_\_\_\_
- 6** \_\_\_\_\_
- 7** \_\_\_\_\_
- 8** \_\_\_\_\_
- 9** \_\_\_\_\_
- 10** \_\_\_\_\_

Three things you would like to achieve within the next 3 months (short term goals) are:

- 1** \_\_\_\_\_
- 2** \_\_\_\_\_
- 3** \_\_\_\_\_

Three things you would like to achieve in the next 3 years (medium term goals) include:

- 1** \_\_\_\_\_
- 2** \_\_\_\_\_
- 3** \_\_\_\_\_

Three things you want to achieve in the long term are:

- 1** \_\_\_\_\_
- 2** \_\_\_\_\_
- 3** \_\_\_\_\_