**forward thinking company**

individual coaching session set up form

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| **name** |  |
| **email address** |  |
| **contact number** |  |
| **DOB** |  |
| **career** |  |

To help me get to know you before our sessions, please answer the below questions:

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| **What do you value most about yourself?** |
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| **What things are you passionate about in the world?** |
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| **What do you consider your greatest achievements and what are you most proud of?** |
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| **What values do you admire most in other people?** |
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| **How would your family & friends describe you?** |
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| **What have been your biggest challenges so far in life?** |
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| **What are your biggest fears/limiting beliefs?** |
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| **What is currently missing or limited in your life that you would like more of?** |
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| **If time, money & other resources were not a constraint, what would you do today?** |
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| **Where are you held back, uninspired and lacking drive in your life?** |
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| **In order of priority, what areas would you like to focus on during your sessions?** |
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| **Any additional information that will help support your coaching sessions?** |
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Please email the completed form to [trevor@forwardthinkingcompany.com](mailto:trevor@forwardthinkingcompany.com). Once received you can expect an email within 48hrs to set up a 15min connection call. During this call we will go through the form, get clear on the outcomes you are looking for and confirm your coaching call times. ****