

SOCIAL STOCKWOMAN

CERTIFIED MASTER LIFE COACH

Client Information Form

Name:

Address:

Home Phone:

Cell Phone:

Skype Id:

Email:

Best Contact Method/s (usual):

Best Contact Method/s (short notice):

Horse's Name:

Breed:

Age:

Mare/Gelding/Stallion:

Discipline/Event:



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Coaching Client Introductory Questionnaire

If anything was possible what would you wish for?

What have been your 3 greatest successes to date?

What is the greatest challenge you have had to overcome?

What is most important to you in your life and why?

Is your life one of your choosing? If not who is choosing it for you?

On a scale of 1 -10 how happy are you with your life right now? What are the things that make you happy?

On a scale of 1-10 how motivated are you in your horsemanship journey? What motivates you?

On a scale of 1 -10 how stressed do you feel right now – what are your key stressors?



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List 5 things that you feel are mental blocks to success with your horse right now.

What would you like your coach to do if you struggle with your goals?

How will you know when you are receiving value from the coaching process?

What would you like from your coach during your sessions? Score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important:

- ___ Gaining clarity of issues and why they are occurring
- ___ Understanding what is important /what motivates me
- ___ Exploring and understanding what is holding me back
- ___ Gaining an insight into who I am, my strengths, capabilities and potential
- ___ Providing encouragement and support
- ___ Helping define goals
- ___ Helping to identify action and next steps
- ___ Providing honest and direct feedback
- ___ Making me accountable for my goals and action steps

