



Jaclyn Kane Wellness

As your coach it's important for me to understand how you view the world, yourself and your job or career. Each person is unique and understanding you will help me support and assist you.

Answering these questions clearly and thoughtfully will serve both you and me. You may find that they help you clarify perceptions about yourself and the direction of your life. These are “pondering” type questions, designed to stimulate your thinking in a way that will make our work together more productive. Take your time answering them. These answers will be treated with complete professional confidentiality.

Your History

Describe your three greatest accomplishments to date.

What made those accomplishments stand out for you?

Your Life

Who are or have been your major role models?

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

On a scale of 1 to 10 (1 being the least effective and 10 being the most effective), rate the quality of your life_____. By what criteria did you rate yourself?

Your Self Today

List 3 adjectives that describe you at your best.

What energizes you?

What do you consume now, that if you didn't, would allow you to be healthier? (For example, caffeine, alcohol, cigarettes)

Your Potential

What is your personal/professional vision?

What would you like to contribute to the world?

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

How ready are you to go for it?!?!?

*(Here are some ideas to use as thought starters for the above. Family/Home, Relationships, Financial, Leisure Time, Career of Business, Self-Care, Personal Character, Learning)

Making It Happen!

What is 1 immediate change 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 towards your goals?

Here are ways coaching clients work with me. Which of these appeal to you? (select all the apply)

- Brainstorming 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 successes
- Accountability checking on goals
- Suggesting or designing action steps that lead to greater effectiveness and joy

Name_____

Address_____

DOB_____ Age_____ Married/Single/Divorced_____

Occupation_____

Email_____ Best Phone_____

Emergency Contact/Phone_____

Family Doctor_____ Phone_____

Who may we thank for referring you?_____

What are your goals with our sessions?_____

Medical History

What are your current concerns or complaints, if any?_____

Do you have any pain?_____ 1-10 (10 the worst)_____

Where?_____

Are you under the care of a physician for any medical condition?

Are you receiving any other treatments or services? (if yes, describe)