



Name: _____

Email: _____

Phone: _____

Birthday (DOB, time of birth if known and city of birth):

Gender: _____

Emergency Contact: Name, Phone Number, Relationship to you.

What is currently going on in your life that you need help with and guidance around?

What would you like to change in your life as a result of our time together?

Describe for me how you feel about yourself, your body and your sexuality?

What would you like to accept about yourself, your body and/or your sexuality that seems challenging?

Have you worked with a coach or therapist before? If yes, how was the experience? What worked for you and what didn't?

Do you have any health concerns that would be helpful for me to know about?

Have you ever been given a mental health diagnosis? If yes, please share how you felt about the diagnosis?

Could you please share a bit about your reproductive history with me? Number of pregnancies, if any, and anything about your menstrual cycle that you feel would be helpful for me to know.

Have you experienced any form of trauma, sexual or otherwise?

Yes No

If yes, first of all, I am so, so sorry that happened to you. If you feel comfortable could you please tell me whether you have received therapy around the trauma? What type and duration? Where do you feel like you are in processing the trauma? (If this is too uncomfortable to answer we can address it when it feels safe for you).

Do you have epilepsy, seizures or asthma? (In coaching sometimes we will use breath work as a tool to help you to come more into your body and I want to make sure that it is safe for you to do so) _____

What is your current work or school situation?

What is your current living situation?

What are some of your strengths, hobbies and resources (internal or external things you feel really supported by that bring you into your center)

Thank you so, so much for trusting me with this information and for taking the time to complete this. I am so grateful to be working with you and I am looking forward to getting to know you and to helping you achieve your goals and desires. Blessings!

