



Personal Information & Enrollment Form

Name:

Today's Date: / /

Address:

Street:

City,

State,

Zip:

Telephone Numbers:

Home:

Cell:

Work:

Fax:

Email Address:

Occupation:

Employer Name:

Personal Information:

Date of Birth: / /

Significant Other:

Name(s) of Child(ren) and age(s):

All personal information is confidential and is treated appropriately

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Specific Questions:

1. What are your greatest strengths?
2. List 3 things that are important for you to accomplish:
3. Do you have a timeframe for accomplishing the above items?
4. What obstacles or challenges are you facing?
5. Who are the people in your support system?
6. What organizations do you belong to (professional and personal)?
7. Volunteer work?
8. How did you learn about Life Coaching?
9. What do you believe a Life Coach can do for you?
10. How are you best managed? What motivates you?
11. Describe your 5 year goal(s). What difference might a coach make?
12. Describe your "Life Purpose". How does this impact your life on a daily basis?
13. Anything else you want your coach to know?
14. Are you involved in any other programs (therapy, counseling, 12-step, etc.)
15. Are you taking any medication for anxiety, depression etc.?

Primary Focus:

Identify 5 areas that you wish to be your primary focus in this coaching relationship:
(For each one, provide a simple heading, a description, and a measurable result.)

1:

2:

3:

4:

5:

Assets and dreams:

Career:

Assets:

Dreams:

Financial / Material:

Assets:

Dreams:

Emotional:

Assets:

Dreams:

Spiritual:

Assets:

Dreams: