

APPENDIX E

“GETTING TO KNOW YOU” PERSONAL INFORMATION FORM

CHRISTIAN COACHING IS more effective and efficient if you can give the coach some information about yourself at the beginning. **This is confidential information and you are free to pass on any of the questions.** The more you complete, however, the better your coach will know you and be able to provide the best coaching experience. You can complete this online and return it to [insert coach’s e-mail address].

Name:

Name you like to be called:

Address:

Home phone:

Work phone:

Cell phone:

(Please put an X next to the best number (above) to call you.)

E-mail address:

Fax:

Occupation:

Employer name:

Date of birth:

Marital status:

Spouse:

Names and ages of children:

Please take as much space as you need to answer as many of the following questions as you wish to answer:

Please write a brief life story, giving whatever background you wish.

Why do you want coaching? What specific issues would you like to work on?

Have you ever been coached before? If so, describe your experience with coaching.

Are you now or have you ever been in counseling or therapy? If yes, please explain.

Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you, or trying to get your attention?

What are the major things happening in your life right now?

How would you like your life to be different one year from now?

What is getting in the way of these changes or goals?

List three things you're procrastinating on in your life right now.

If we worked together, in what ways might you undermine or sabotage me as your coach? How would I help you stop doing this?

What are your insecurities about being coached?

Please include any other comments you wish to add.

IDENTIFYING VALUES

VALUES ARE FOUNDATIONAL beliefs that anchor our lives, the things that matter to us the most, the nonnegotiable characteristics that best describe who we are. Look over the following list and circle the words and phrases that best illustrate your values. If you have values not on the list, add your values in the spaces provided. Try to circle between twelve and fifteen words. These are the values that best describe you, even though there may be others that apply as well. (The words and phrases below are listed alphabetically rather than in order of importance.)

Accomplishment	Determination	Genuineness
Affirmation	Diligence	Good taste
Ambition	Efficiency	Growth
Authenticity	Elegance	Hard work
Beauty	Encouragement	Honesty
Being a model	Enlightenment	Humility
Being in control	Excellence	Humor
Career	Excitement	Impacting people
Caution	Experiencing pleasure	Independence
Collaboration	Faithfulness	Influence
Communicating	Family	Inspiring others
Community	Forgiveness	Integrity
Compassion	Forward looking	Joy
Competence	Freedom	Lack of pretense
Competition	Frugality	Love
Consistency with biblical teaching	Fulfillment	Love of learning
Creativity	Fun	Loyalty
	Gentleness	Making money