Shepherd of the Valley Coaching Intake Form

Coaching is the process of listening, asking questions, and looking for next steps. We have several newly trained coaches who would like to walk with people who are trying to figure out what happens next in life. A coach relationship is normally once a month for an hour for four months, but is flexible.

First Name _____ Last Name_____

Email or phone contact _____

I'm interested in being coached on:

- ☐ Starting something new
- ☐ Family and Friends
- ☐ Significant Other
- ☐ Career
- ☐ Finances
- ☐ Health
- ☐ Home Environment
- ☐ Fun & Leisure
- ☐ Personal Growth
- ☐ Faith/Discipleship

Who will be coached in this coaching relationship?

- ☐ Me, Individually
- ☐ A group I'm in
- ☐ Family

What specific issue do you wish to address?

_____
_____
_____
_____

What are ideal meeting days and times?

_____
_____

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Are you comfortable with a newly trained coach?
- ☐ Yes
- ☐ No

What qualities in a potential coach will be most important for you?
- ☐ Trustworthy
- ☐ Honest
- ☐ Dependable
- ☐ Empathetic
- ☐ Non-judgmental
- ☐ Supportive
- ☐ Humorous
- ☐ Playful
- ☐ Affectionate
- ☐ Confrontational
- ☐ Have experience with their own trauma or grief
- ☐ Encouraging
- ☐ Other _____

Do you prefer a male or female coach? _____

Have you been coached before?
- ☐ Yes
- ☐ No

Is there anything else it would be helpful for us to know?

Please return form to stageharvey@gmail.com or mail it to Shepherd of the Valley Lutheran, PO Box 34859, Juneau, AK 99803

Feel free to call 789-4093 with any questions.

First three sessions are free. A fee may be negotiated after that.