



Witter Coaching

Intake Questionnaire

Please type your responses below and email to: erin@wittercoaching.com

Name:

Phone Number:

Email address:

Generally speaking, what days and times are you available for a one-hour phone call?

Your responses below can be as short or as long as you'd like. There are no right or wrong answers, and no judgment. Your answers to these questions will help me understand how to assist you in your process.

Big Questions

What are your best strengths, skills, and inner resources?

Imagine your life is perfect! No need to figure out how it will happen.

What is this perfect life like?

Who are you in this perfect life and how do you interact with yourself and the world?

Background

What (if any) spiritual practices do you have?

Have you ever used plant medicines or other psychedelics? What was your experience like?

What is your current and past relationship with other drugs and alcohol?

Do you or have you had any addictions (drugs, food, shopping, etc...)?

What is your job/career/practice/vocation (if any)?

List one or two of the best and worst things that happened in each decade of your life and how they've impacted you.

Teens

20s

30s

40s

50s

What are some of the things you are most proud of about yourself?

Intention

What would you like to improve about your life? Why are you interested in working with a coach?

What are some things you have done already to move in this direction?

How would your life be different if you accomplished what you want to improve?

What do you see as the biggest barriers to this improvement in your life?

Medical

What supplements or medications are you taking or have you taken in the last two months?

Do you have any health issues or mental disorders?

Do you have a family history of mental disorders?

Miscellaneous

Is there anything else you'd like me to know?

**Information provided on this form will be kept under strict coach-client confidentiality. Information will only be shared if I feel it's necessary to prevent you from harming yourself or others.