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 EmpowerCREATIVESTudios.com
 "Empower your voice with art & soul"



COACHING CLIENT INTAKE FORM

CLIENT INFORMATION

Full Name: _____ Date: _____
Last First M.I.

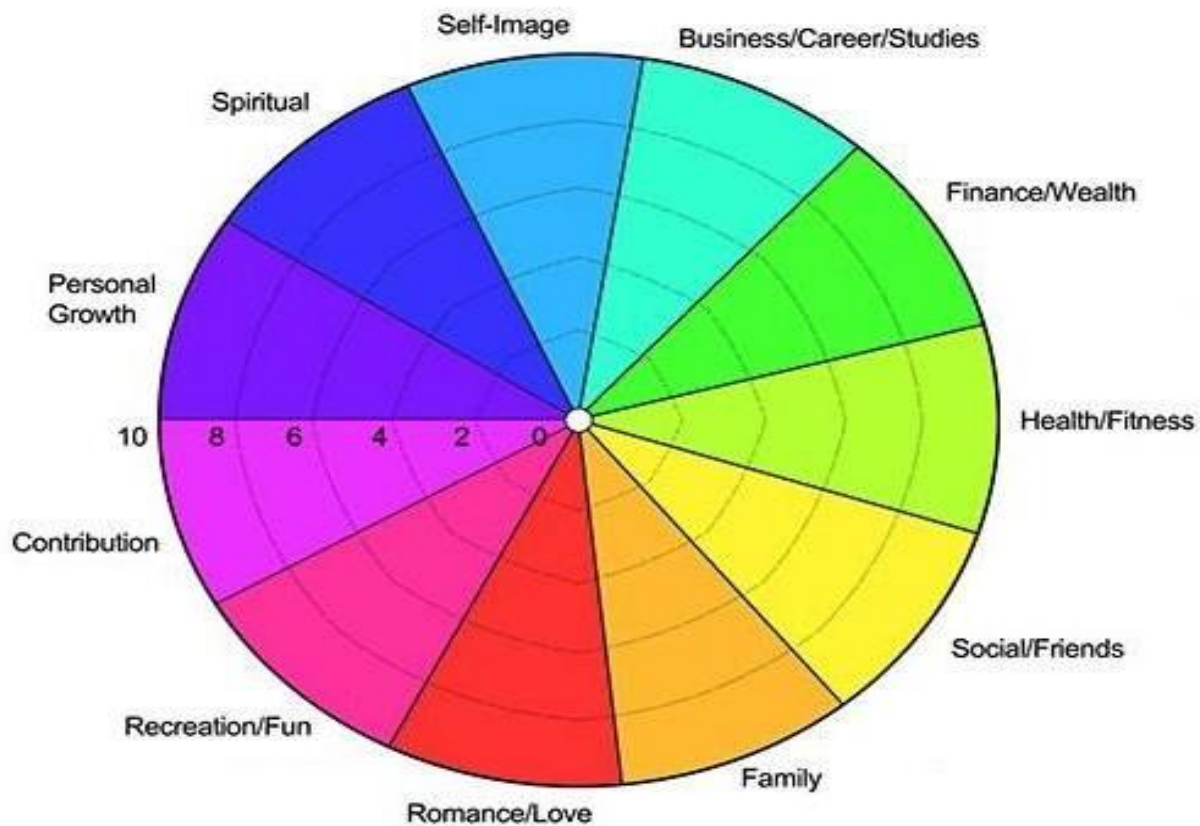
Address: _____
Street Address Apartment/Unit #

City State ZIP Code

Phone: _____ Email: _____

Birthday: _____ Favorite Color: _____

PLEASE RATE YOUR SATISFACTION WITH YOUR LIFE IN THE FOLLOWING AREAS: (1 – DISAPPOINTING, 10 – AWESOME)



DISCOVERY QUESTIONS

1. What is the first color that comes to your mind right now?

2. What one thing do you want more of in your life right now?

3. What one thing do you want less of in your life right now?

4. List three things you are tolerating right now in your personal life.
 - a.
 - b.
 - c.
5. List three things you are tolerating right now in your professional life.
 - a.
 - b.
 - c.
6. What's one thing you would like to achieve but aren't sure how to do it?

7. Listed below are some typical results experienced by coaching clients. Which 3 are most important to you? (1 – Least Important, 5 – Most Important)

___ Direction	___ Strategies or resources
___ Focus	___ Better finances
___ Accountability	___ Motivation
___ New perspective	___ New challenges
___ Relationship success	___ Other (please list) _____

8. How well do you keep your commitments when taking advice or working with someone towards your goals?

Very Moderately Not too much

9. How do you like to be supported when hitting challenges in your personal growth or thought process? (Check all that apply)

<input type="checkbox"/> Have a good listener	<input type="checkbox"/> Challenge BETA with new perspective (B – Belief, E – Emotion, T – Thought, A – Attitude)
<input type="checkbox"/> Brainstorm/strategize with someone	<input type="checkbox"/> Guide through creative exploration (arts & crafts, writing, reading, aromatherapy, etc.)
<input type="checkbox"/> Other (please list) _____	<input type="checkbox"/> Not sure

10. Do you have any specific goals and/or intentions for coaching sessions?

11. How committed are you to making these coaching sessions work for you?

12. Choose your Empower!sms coaching package: (check all that apply)

- PICK-MY-BRAIN (\$150/HR)** includes one individual session for 45 – 60 minutes of answering any questions, issues, or concerns **OR (\$250/HR)** includes one individual session and follow-up written assessment (e.g., recommendations/research on related topic)
- FEEL (\$1,250)** – Free 20-30 minutes Discovery Call with one-month of one-on-one coaching including three (45-60 minutes) sessions, unlimited emails, and a complimentary Empower!sms: 365 Days of Empowering Thoughts Creative Devotional.
- THINK (\$2,500)** – Free 20-30 minutes Discovery Call with three months of one-on-one coaching including nine (45-60 minutes) sessions, unlimited emails, and a complimentary Empower!sms: 365 Days of Empowering Thoughts Creative Devotional.
- CREATE (\$5,000)** – Free 20-30 minutes Discovery Call with six months of one-on-one coaching eighteen (45-60 minutes) sessions, unlimited emails, a complimentary Empower!sms: 365 Days of Empowering Thoughts Creative Devotional, and one mobile or virtual therapeutic art group session of your choice (five to ten persons).