



Welcome to Co-Active Coaching! Congratulations on your decision to focus time and energy on your personal growth. I am passionate about supporting you to extend your reach and become more than you dreamed possible. I look forward to the magic we will co create in your life!

Coaching is about you as a whole person: your values, goals, work, balance, fulfillment and life purpose. I work with motivated individuals like yourself to develop their own definition of success.

Life is fluid. Please remember that you didn't always label yourself . Whatever you are dealing with does not define who you are as a person.

Following are several forms that will help me to know more about you. Please fill them out and email to lbboester@gmail.com prior to our first appointment. If you are unable to complete them, please print them out and have them with you at our first appointment.

Enjoy the journey!

Lisa

CLIENT INFORMATION FORM

| | | |
|---|---|----------------------------------|
| Name | Address | City, State, Zip |
| Date | Home Phone | Cell Phone |
| Age | Birthdate | Significant Other/Spouse |
| Primary Health Care Provider | Address | Phone |
| Mental Health Care Provider | Address | Phone |
| Alternative Health Care Provider | Address | Phone |
| Date ADHD Diagnosed | ADD Type | Name of Diagnostician |
| Medications taken for ADHD | Other Co-Existing Conditions | Med. for Co-Existing Conditions |
| Special Accommodations at Work | Prior Coach, Organizer, Consultant | Focus if Yes to Prev. Question |
| Other Family Members Diagnosed w/ ADHD | Family Substance Abuse if Applicable | Interests, Hobbies, Strengths |
| What books have you read on ADHD if any? | Where have you learned about ADHD? | Who do you count on for support? |

PERSONAL QUESTIONNAIRE

As a coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her. Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take a few days to compose your responses to these questions. If you do not have them completed by our next appointment, feel free to send me what you have. Thank you.

1. What accomplishments do you think must occur during your lifetime so that you will consider your life to have been satisfying and well lived—a life of few or no regrets?

2. If there were a secret passion in your life, what would it be?

3. What do you consider your role to be in your local community? In your country? In the world?

4. If you could devote your life to serving others—and still have the money and lifestyle you need—would you do it? How would it look?

5. If you trusted me enough as your coach to tell me how to manage you most effectively, what tips would you give?

6. If you had a five-year goal and the continuing services of a coach to help you make it happen (and money were not an issue), what would that goal be? What difference would working with a coach make?

7. What's missing in your life? What would make your life more fulfilling?

8. Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God. If not, what reference point do you use?

9. Is there anything else you would like for me to know about you that may further our journey together?

Wheel of Life Exercise

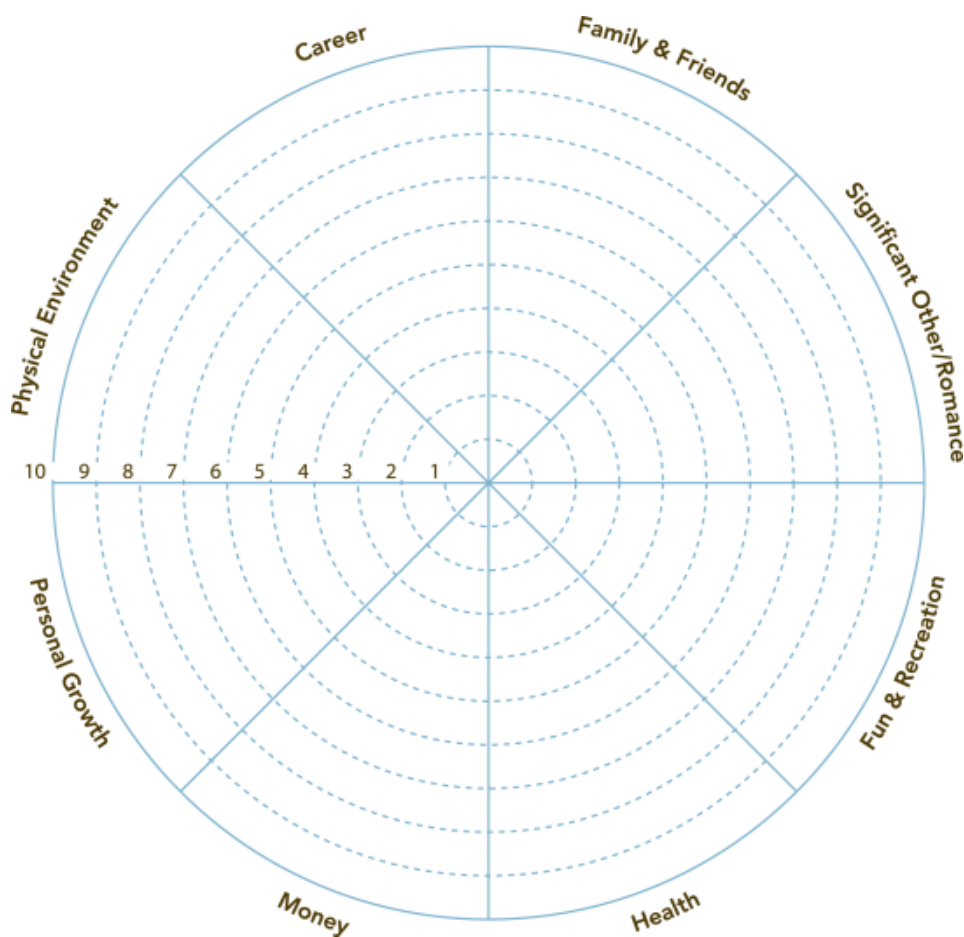
The wheel of life is a tool I use to get a snapshot of how satisfied you are in your life. Please print it out. There are eight areas on the wheel. You may want to change the categories to reflect the areas of your life.

For example: You may choose to break the category of friends and family into two separate categories. You may wish to add a category. After you have done so, complete the steps below:

1. Rate your level of satisfaction in each of the areas.

“Zero means not satisfied and 10 means highly satisfied.”

Please keep your focus on just the question of satisfaction. Keep it simple. I am highly satisfied (10) would mean you do not wish to change anything *at this time*. Life is fluid and things can change, so stick to this moment in time. Not what used to be or what you hope will be.



2. Connect the lines to form an inner wheel. This gives you an overview of balance in your life. *“Remember, this is not about getting 10s ! It’s about a smoother ride. If this wheel were a tire on your car, how bumpy would the ride be?”*