

*Gathering Information*

Due to the nature, depth, and scope of work I support my clients with, I ask all prospective clients to please fill out the information below. Your information is invaluable to me in assessing: 1) *your needs*, 2) *your current situation*, and 3) *your goals for therapy/coaching*. I want you to get what you need, and I’d love to support you on your journey. If, however, we don’t intuitively feel like I will be the best fit for what you’re looking for, I will gladly offer additional suggestions and resources.

***I look forward to learning more about you!***

Name:

DOB:

Address:

Phone Number:

Email:

How did you learn about me? -

1. What is prompting you to seek support at this time?
2. What is your present work/occupation in the world?
3. Which area is challenging you most right now? *(please select all that apply)*
	1. \_\_\_\_\_ Confidence, Self-Esteem, Self-Worth
	2. \_\_\_\_\_ Self-Love, Self-Care
	3. \_\_\_\_\_ Challenging Emotions, Self-Sabotage
	4. \_\_\_\_\_ Relationships, Friendships, and Intimacy
	5. \_\_\_\_\_ Lacking Life Clarity and Purpose
	6. \_\_\_\_\_ Lack of Balance, Feeling Overwhelmed
	7. \_\_\_\_\_ Disconnected from your Truths, Desires, Ideal Life Vision
	8. \_\_\_\_\_ Grief, Loss, Adjustment, Change, Transition
	9. ­­\_\_\_\_\_ Other - Please list…
4. On a scale of 1-10, how satisfied are you with your present lifestyle? \_\_\_\_\_
	1. How could this number be improved upon?
5. Are you open and ready to be held in a safe container for expressing your vulnerability, honesty, and, authenticity?
6. Are you ready to make a financial and time commitment to support your personal growth and transformation? (*60-Minute Sessions/$125. I do not accept insurance.*)
7. Why should we work together? What resonated with you when you came across my website, social media, or Psychology Today?
8. What are your hopes –
	1. …for this process?
	2. …of me as your coach/therapist?
9. What are THREE goals/intentions you’d like to achieve by the end of working together?
10. Scheduling Preferences –
	1. In-Person, by Video, or either:
	2. Preferred availability (days/times):
	3. Frequency to start (weekly, bi-weekly, other):
11. What else feels important for me to know right now?

Thank you for taking the time to fill out these questions!

Once complete, please save this form with your answers,

and send back as an attachment through email.

**support@harmony-by-design.com**

You can expect to hear back from me by email within 24-48 hours.

I look forward to connecting with you soon!