



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) On a scale of 1-10, how satisfied are you with your present life/lifestyle? _____
 - a. How could this number be improved upon?
- 4) What are your hopes –
 - a. ...for this process?
 - b. ...of me as your coach/therapist?

- 5) What are THREE goals/intentions you'd like to achieve by the end of working together?
 - a.
 - b.
 - c.

- 6) Are you ready, able, and available to make a financial and time commitment to support your personal growth and healing? (*60-Minute Sessions/\$125. I do not accept insurance.*)

- 7) Scheduling Preferences –
 - a. In-Person, by Video, or either:
 - b. Preferred availability (days/times):
 - c. Frequency to start (weekly, bi-weekly, other):

- 8) What additional information would be helpful to share 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!