



Client Onboarding Questionnaire

DreamNutric
Coaching

Start Your Journey to Personal Growth

Welcome to your personalized coaching experience. This questionnaire will help us understand your goals, challenges, and aspirations as we embark on this journey together.

DreamNutric.com
info@dreamnutric.com

Questionnaire Introduction

Welcome, and thank you for choosing to begin this journey with DreamNutric. This onboarding questionnaire helps us gain a clear understanding of who you are, what you want to improve, and how we can best support you. Your responses offer insight into your current situation, motivations, and the areas where you want meaningful change.

Please answer each question thoughtfully and honestly. There are no right or wrong answers, only your experience and perspective. The information you share is kept confidential to the fullest extent permitted by law and will be used solely to tailor your coaching experience to your needs.

If you have any questions or need clarification as you fill this out, please don't hesitate to reach out. We're looking forward to getting to know you better and working together to make meaningful progress toward your goals.



Embracing the Journey of Growth.

Your role as a client is not about perfection, but about commitment, honesty, and active engagement in the coaching process. Growth unfolds over time, and challenges are a natural part of that journey. What matters most is your willingness to explore new perspectives, take purposeful action, and approach each session with openness and curiosity.

Together, we create a supportive coaching experience aligned with your goals and aspirations. By embracing this process, you are investing in yourself and building the awareness, confidence, and resilience needed for lasting change, both during our work together and well beyond it.



Client Intake Form

First Name:

Last Name:

Email:

Phone No:

Preferred Contact Method:

Preferred Pronouns:

Current Situation & Background:

1.

Briefly describe your current role or profession.

2.

What interests, hobbies, or passions are most important to you?

3.

Is there anything about your background or current situation you'd like me to know?

Client Intake Form

Coaching Goals:

4.

What prompted you to seek coaching at this time?

5.

What is the primary goal or outcome you hope to achieve through coaching?

6.

List up to three specific areas you'd like us to focus on (e.g., career, relationships, personal development, stress management).

7.

Imagine that we've completed our coaching work together. What changes or outcomes would you be thrilled to see?

Client Intake Form

Challenges & Obstacles:

8.

What are the main challenges or obstacles you're currently facing?

9.

Are there any fears, beliefs, or habits that you feel may be holding you back?

10.

What, if anything, has made it difficult to reach your goals in the past?

Client Intake Form

Personal Values & Motivation:

11.

What core values or principles guide your life and decisions?

12.

What motivates you to make changes or seek growth?

13.

Is there a particular personal achievement or strength that you're proud of?

Client Intake Form

Preferred Coaching Style:

14. Do you prefer a coaching approach that is more...

Supportive and encouraging

Direct and focused on accountability

A mixture of both

15. How do you prefer to handle communication between sessions?

Emails

Text Message

Phonecall

16. Is there anything specific you're looking for in your coach's style or approach?

Success & Accountability:

17. How will you know if coaching has been successful for you?

18. What kind of support or accountability helps you stay on track with your goals?

19. Do you prefer a coaching approach that is more...

Very comfortable

Somewhat comfortable

Prefer to work within session

Client Intake Form

Additional Information:

20.

Is there anything else you'd like to share that would help us support you on this journey?

Thank You!

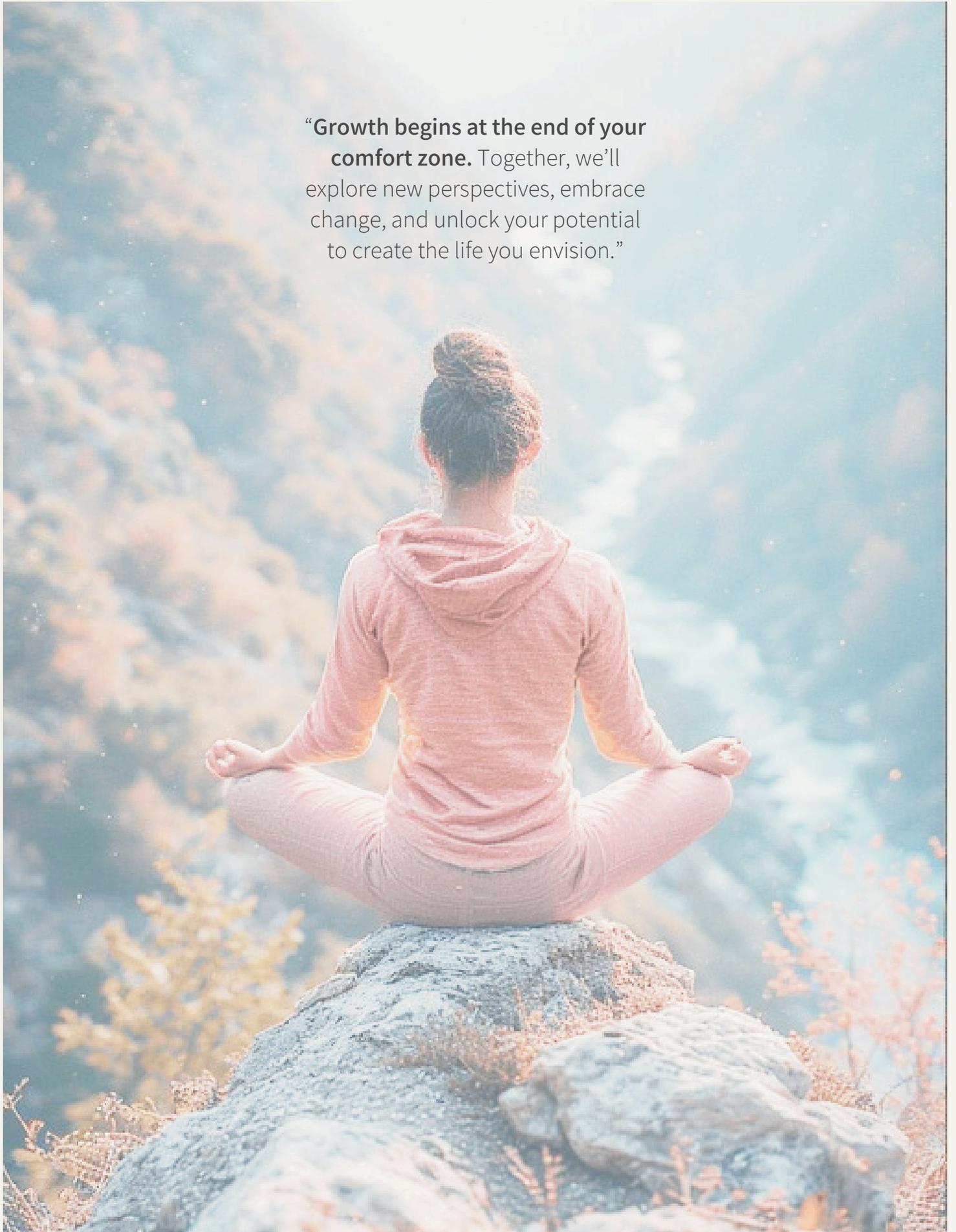
Thank you for taking the time to complete this questionnaire. Your responses will provide valuable insights, allowing me to tailor our coaching sessions to your unique goals and needs.

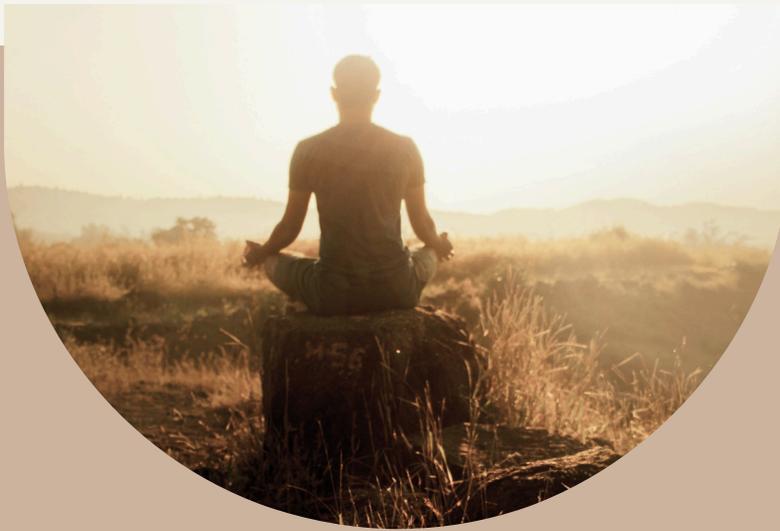
Next Steps

Once you've completed the questionnaire, please send it to us at info@dreamnutric.com at least 48 hours before our first session. This will allow us time to review your responses and prepare for a session that's focused on what matters most to you. If you have any questions while filling out the form or need clarification, feel free to reach out.

We look forward to working together and are excited to support you in making meaningful progress toward the changes you desire!

“Growth begins at the end of your comfort zone. Together, we’ll explore new perspectives, embrace change, and unlock your potential to create the life you envision.”





Thank You for Taking the First Step

Thank you for completing this onboarding questionnaire. By sharing your insights and goals, you're already taking a meaningful step toward the change you desire. We're excited to embark on this journey with you, and we're here to support you in every way possible as we work together to create the life you envision.

If you have any questions before our first session, or if there's anything else you'd like us to know, please don't hesitate to reach out.

**Looking forward to a rewarding and
transformative journey!**

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