



ENNEAGRAM COACHING CLIENT INTAKE FORM

Dear Client,

I'm excited to be accompanying you on an exploration of the Enneagram and how to use it for self-awareness and personal growth! Before we get started, it will be helpful to me to learn more about you and your goals for coaching through the Intake questions below. It will be helpful to you to know what to expect from our time together.

My coaching will guide you to focus on two areas: *Inward Enneagram Work*, and *Outward Enneagram Work*. In *Inward Enneagram Work*, we will focus on determining your dominant Personality Type, and Subtype or Instinct. I will encourage you to use non-judgmental self-observation, or the "Inner Observer" to notice the patterns, habitual reactions, fixations and core beliefs of your Enneagram style that are counterproductive, as well as discovering those that are your gifts. In *Outward Enneagram Work*, you'll be encouraged to observe the ways in which your Enneagram Type and Instinct express themselves in your relationships. You'll be encouraged to identify ways to use the strengths of your Type to relax unproductive behaviors and reactions and to begin to make specific changes which will enhance your relationships, both with yourself and with others.

I have found the Enneagram to be completely transformative and I'm passionate about helping others to learn how to use this system! Thank you for taking this step, and I look forward to working with you!

Sincerely,

Mary

ENNEAGRAM PARK CITY
Mary Wright, M.A.
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Please fill out the following questionnaire, and we will discuss it during our first session.

Name: _____ Age: _____

Address: _____

Email: _____

Phone: _____ Permission to text you (*regarding appointments, etc.*)? YES NO



What is your highest level of education? _____

Who do you consider to be your nuclear family (*partner, children, etc.*)? _____

What are you hoping to gain by participating in Enneagram Coaching? Do you have goals for this experience? (It's okay if you don't!)

Briefly describe your level of familiarity with the Enneagram _____

What is your Enneagram Type/Subtype, if you know it? _____

What type of Coaching, Therapy, or Self-Help have you participated in before coming here?

Is there anything about your medical or psychological history that you would like me to know, such as a history of depression, anxiety, addiction, etc. ? _____

What are your views on spirituality, and would you like it to be incorporated into your coaching experience?

What is your best personality trait... the inborn gift that has been with you since you were small? _____

What personality trait seems to repeatedly get in the way of actualizing that special gift? _____

If you could easily change three things about yourself, what would they be? _____
