She's The Vibe — Coaching Intake Form

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Confidential. This form is for coaching preparation only.

> ***A note from Christina:*** *This helps me show up prepared for you — not generic, but actually ready for YOUR story. Answer what feels right. Skip what doesn't. Nothing here is a test, and there's no wrong answer. This is just us getting on the same page.* 💛

Instructions: Complete this form and email it to **christina@shesthevibe.co**. I'll personally review it and reach out to schedule your free 20-minute discovery call.

About You

Full name: _____

Preferred name / pronouns: _____

Email: _____

Phone (for session reminders): _____

City / State: _____

Emergency contact (name, relationship, phone): _____

What Brings You Here

1. In your own words, what brought you to coaching right now?

(Take as much space as you need.)

2. Which coaching track are you most drawn to? (Check all that apply)

☐ **Untangled** — Divorce & Separation Support

☐ **Cycle Breaker** — Breaking Generational Cycles

☐ **Soft Reset** — Burnout Recovery

☐ Not sure yet — help me figure it out

3. What's the #1 thing you want to be different 3 months from now?

4. Have you worked with a coach, therapist, or counselor before?

☐ Yes → What was helpful? What wasn't? _____

☐ No

5. Are you currently working with a therapist, psychiatrist, or other mental health or medical provider?

☐ Yes → (Optional: provider type — helps me understand your support system)

☐ No

Wellness Background

Relevant, not invasive. Share only what you're comfortable with — this helps me coach you safely and well.

6. Are there any current health conditions, medications, or treatments I should be aware of as your coach?

☐ No

☐ Yes → Please share what you're comfortable with: _____

7. Have you experienced any of the following? (Check all that apply — this is not a diagnosis, just context)

☐ Anxiety

☐ Depression

☐ Trauma / PTSD

☐ Grief / loss

☐ Substance use concerns

☐ Eating concerns

☐ None of the above

☐ Prefer not to say

8. Are you currently in crisis or having thoughts of harming yourself or others?

☐ No

☐ Yes → **Please reach out right now: call or text 988 (Suicide & Crisis Lifeline), text HOME to 741741, or call 911. Coaching is not crisis support, and I want you safe first.**

How to Coach You Well

9. Triggers or sensitivities I should know about?

(Topics, language, or situations to handle with extra care — or avoid.)

10. Accessibility needs?

(Closed captions, session length adjustments, anything that helps you show up fully.)

11. How do you prefer to communicate between sessions?

☐ Text messages

☐ Voice notes

☐ Either is fine

☐ Minimal contact between sessions preferred

12. How do you learn and process best?

☐ Talking it through

☐ Writing / journaling

☐ Visual tools (worksheets, diagrams)

☐ Just tell me what to do (direct + practical)

13. Anything else I should know before we start?

Your Goals

14. What does "success" look like for you at the end of coaching?

(Dream a little. Be specific if you can.)

15. What's felt hardest about making change on your own?

16. On a scale of 1–10, how ready are you to do this work right now?

(1 = curious but not sure, 10 = all in, let's go)

My number: _____

Acknowledgments

Please read and check each box:

☐ **Cancellation policy** — I've read the cancellation and rescheduling policy in the pre-booking packet, including the three-strike system for under-24-hour changes.

☐ **Mandated reporter** — I understand Christina is a mandated reporter in California and is legally required to report suspected child abuse/neglect, elder/dependent adult abuse, or threats of serious harm.

☐ **Coaching vs. therapy** — I understand Christina Wood is a certified coach, not a licensed therapist, and that coaching is not a substitute for therapy, medical care, or legal advice.

☐ **Emergency resources** — I understand coaching is not crisis support. In an emergency I will call/text 988, text HOME to 741741, or call 911.

Signature: _____

Printed name: _____

Date: _____

Email your completed form to christina@shesthevibe.co. I'll review it personally and reach out to schedule your free discovery call. 💛

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