



Leah K.Walsh
COACHING

Learner Intake Form

Learner Information

First Name:

Last Name:

Nickname (if applicable):

Pronouns:

Mailing address:

Contact Details

Phone:

Email(s):

How may I contact you? Phone Text Email Mail

Employment Information

Occupation (if applicable):

Employer (if applicable):

Personal Information

Birth date:

Language(s) spoken:

Are you a parent or caregiver?

Anything you want to share about your family life?

Who else is on your personal care team (i.e.: acupuncturist, primary care provider, therapist, personal trainer)?

Learning Styles, Neurologic Diversity & Personality Traits

I have gathered a variety of free self assessment tools at <http://leahkwalsh.com/intake-forms/>

Heads up! There is a *lot* of material there. All of this is optional. If you choose to engage any of these, please set aside a chunk of time to do so. Filling any of these out is a learning process and can benefit you and me by offering more nuance and language to name and gently explore your challenges and strengths. It can also stir up curiosity! Whatever you learn, please share it below.

What are your preferred learning styles? What helps you feel connected and engaged as a learner? (See Excitabilities Self Assessment)

What was your favorite myth, fairy tale, movie, or story as a child? Do you remember why?

If you know your Enneagram Type (personality typing system), please share. (See Enneagram Self Assessment)

If you know your Myers-Briggs Type (personality typing system), please share. **If you don't know, please note if you identify as an introvert, extrovert, or ambivert (a blend of both).*

Do you identify as a Highly Sensitive Person (HSP)? (See Highly Sensitive Person Self Assessment) If yes, share a bit about your experience.

Do you identify as having other neurodivergent traits (ADHD, Synesthesia, Sensory Processing "Disorder," being on the autism spectrum, or having a distinct degree of sensitivity to others, your environment, and the quality of energy around and within you? Please share. (See Autism Quotient along with additional resources about neurodivergent traits)

How are you self compassionate? Do you struggle with strong self judgement? (See Self Compassion Self Assessment and Wholehearted Inventory)

What practices do you use to ground and center yourself? How are you self reflective?

If applicable, tell me about your faith and/or spiritual practice. Would you like to bring this practice and/or conversation into our coaching time together? (Reply on next page)

Building Compassion-Centered Change that Lasts: Exploring Desired Outcomes and Learning Objectives

DESIRED OUTCOME(S): What do you want to focus on as a completion project or guide point for our coaching season? If you're not sure yet, simply share your questions or ideas. **Often people have an inner focus for a project (ie: developing and/or refining their personal daily practice, rewriting the story of their sensitivity through the lens of sensory intelligence and self acceptance, writing vows for self-marriage) and outer focus project (ie: a way to connect in community; share their story; design & teach a new class; or be seen in a new way).*

OBJECTIVES: What is the observable change(s) you want to see or experience? If appropriate, be specific. **If you aren't sure, that is okay. Holding the questions and surrendering to your inner yearning to change or heal is the best part anyway. Know that we can do this work together.*

Additional Questions

What is currently going on? What is important to you about having a safe and personal space to work on these desired outcomes and objectives? Why now?

In the past, what has stopped you or got in the way of working with these parts?

****Please be gentle here. Our bodies have incredible wisdom about how to grow and heal. Trust your timing.***

Do you have insight about how you might best embody the change(s) you desire (ie: stories that have sounded inspiring, etc.)? If so, please share.

Anything else you want me to know? Please add extra space, if needed.

That's it! Thank you.