



Talk to me goose

Your wingwoman for your next chapter

Client Intake Form

Thank you for taking this step. There are no right or wrong answers - share only what feels comfortable. Your responses are confidential and used only to prepare for our work together.

SECTION 1

Contact & practical details

Full name

Preferred name / what should I call you

Email

Phone

Best way to reach you

Email

Phone

Text

Other (please specify)

Preferred days/times for sessions (roughly)

Time zone

How did you hear about this coaching?

SECTION 2

Where you are right now

What brought you to coaching at this point in your life?

Briefly describe your situation — divorce, separation, bereavement, or both.

Approximately how long has it been since the major change (separation, divorce finalization, or loss)?

Less than 3 months

3–6 months

6–12 months

1–2 years

More than 2 years

On a scale of 1–10, how would you rate your overall quality of life right now?

What feels hardest right now?

Loneliness / isolation

Identity / "Who am I now?"

Grief or emotional waves

Parenting or co-parenting stress

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Finances or practical rebuild
Guilt or regret
Dating or future relationships
Other (please specify)

Anger, resentment, or bitterness
Motivation / energy
Sense of purpose

SECTION 3

Your goals & desired future

What would you most like to be different 3–6 months from now?

If our work together is a complete success, what does your life look and feel like?

Be as specific as you like — daily life, relationships, work, sense of self, etc.

What are your top 1–3 priorities for coaching right now?

What would “starting over successfully” mean to you personally?

SECTION 4

Background & strengths

What have you already tried to move forward?

Support, habits, therapy, books, routines, etc.

What helped? What didn't?

What personal strengths, skills, or qualities do you have that can help you rebuild?

Describe one challenge you've overcome in the past. What did you do that worked?

What values matter most to you now?

e.g. integrity, family, freedom, growth, peace, contribution

SECTION 5

Support, challenges & context

Who is in your corner right now?

Friends, family, kids, professionals, community, or "mostly on my own"

Are you currently working with a therapist, counselor, or other professional?

Yes No Prefer not to say

If yes, anything helpful for me to know so we stay complementary (not overlapping)?

Any major practical pressures I should be aware of?

Housing, legal/divorce process, finances, work, co-parenting schedule, health, etc. Share only what feels relevant.

Is there anything about grief, the relationship that ended, or the loss that feels especially raw or off-limits for now?

SECTION 6

How you want to work together

How do you prefer to be supported?

Direct and straightforward feedback

Gentle / patient pacing

Clear action steps and accountability

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Space to talk and process

Structured tools and frameworks

Challenge me when I'm stuck in old patterns

Other (please specify)

How do you prefer accountability?

Regular check-ins on actions

Light touch — I'll drive it

Written follow-ups

Other (please specify)

What has worked well for you in past learning or growth experiences?

What should I avoid?

Anything else you want me to know so I can show up well for you?

Questions you have for me about coaching or how we'll work

SECTION 7

Logistics & consent

Are you ready to commit to regular sessions and between-session actions if we decide to work together?

Yes

Mostly

Still exploring

Emergency / crisis note

Coaching is not therapy or crisis support. If you are in immediate distress or having thoughts of harming yourself, please contact local emergency services or a crisis line right away. I can still support you with forward-focused coaching alongside appropriate professional care.

Confidentiality

What you share stays private within the limits of the law and our coaching agreement.

Signature / typed name

Date

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Next step: Save this completed form and email it to info@talktomegoose.online before our first session (or discovery call). You're not broken. You're in a hard chapter, and many men rebuild stronger, clearer, and more intentional lives from exactly this place. I look forward to learning your story.