

Rooted in Tranquillity Coaching

Evidence-Based Coaching Rooted in Faith, Cultivating Resilience, Emotional Wellbeing & Sakīnah

Your Journey Begins Here

Assalamu Alaikum and welcome.

Thank you for taking the time to complete this form.

Before we meet, I'd love the opportunity to learn a little about you and the journey that has brought you here.

This isn't a test, and there are no perfect answers. Simply answer as openly and honestly as you feel comfortable. Every person's story is unique, and your responses will help me understand how I can best support you.

Whether you're seeking support for yourself, your child, or your teenager, my hope is that this form feels like the first gentle step toward clarity, healing, resilience, and a deeper sense of tranquillity.

If any question doesn't apply to you, simply leave it blank.

About You

Full Name: _____

Preferred Name (if different): _____

Age: _____

Religion/Faith: _____

Country: _____

Email Address: _____

Phone Number: _____

Who Is Seeking Coaching?

☐ Myself

☐ My Child

☐ My Teenager

If you are completing this form for your child or teenager, please complete the following:

Child's Name: _____

Age: _____

Relationship to Child: _____

Your Current Season of Life

Which best describes your current season of life?

☐ High School Student

☐ University / College Student

☐ Employed

☐ Self-Employed

☐ Stay-at-Home Parent

☐ Homemaker

☐ Retired

☐ Other: _____

If you are currently working or studying, what do you do?

Your Story

Every journey has a beginning.

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

What would you most like support with during our time together?

What Challenges Are You Facing?

Please tick any areas that currently affect you.

- ☐ Anxiety
- ☐ Depression
- ☐ Trauma
- ☐ ADHD
- ☐ Bipolar Disorder
- ☐ Grief or Loss
- ☐ Stress or Burnout
- ☐ Emotional Regulation
- ☐ Overthinking
- ☐ Low Self-Esteem
- ☐ Relationship Challenges

☐ Family Difficulties

☐ Parenting Challenges

☐ Setting Healthy Boundaries

☐ Anger

☐ Perfectionism

☐ Life Transitions

☐ Faith-Related Challenges

☐ Other:

Your Wellbeing

Have you ever received a mental health diagnosis?

☐ Yes

☐ No

If yes, and you're comfortable sharing, please tell me which diagnosis or diagnoses:

Are you currently taking any medication related to your mental or emotional wellbeing?

☐ Yes

☐ No

If yes, please list them below (optional):

Looking Ahead

If our coaching journey together were successful, what changes would you hope to see in your life?

Imagine yourself one year from now feeling healthier, stronger, and more at peace.

What would be different?

Your Strengths

What strengths, qualities, or gifts do you believe Allah has blessed you with?

What habits, thoughts, or challenges do you feel are holding you back from becoming the person you hope to be?

Coping

When life becomes difficult, how do you usually cope?

Have you tried anything in the past to help yourself?

Examples may include counselling, therapy, coaching, books, courses, medication, journaling, exercise, support groups, Islamic learning, or other personal practices.

What was helpful?

What wasn't helpful?

Readiness for Change

On a scale from 1–10, how ready do you feel to make meaningful changes in your life?

1 = I'm not ready yet

10 = I'm fully committed and ready to begin

Circle one:

1 2 3 4 5 6 7 8 9 10

Would you like to share why you chose that number?

Faith & Spiritual Wellbeing

If faith is important to you, how would you like your Islamic values and beliefs to be incorporated into your coaching journey?

Is There Anything Else You'd Like Me to Know?

This space is yours.

Is there anything you would like to share that you feel would help me better understand your journey?

Consultation Agreement

I understand that completing this form is the first step in exploring whether coaching is the right fit for my needs. Completing this form does not establish a coaching relationship. Coaching services will begin only after both parties agree to move forward and all required agreements have been completed.

I confirm that the information I have provided is true and accurate to the best of my knowledge.

Client Name: _____

Signature: _____

Date: _____

Coach

Carmen Hernandez

Signature: _____

Date: _____