



Intake Form

Supporting Neurodivergent Clients with Strategies and Positive Psychology

Below is a client intake form, you don't need to answer all questions, the aim is to allow me to get to know you better, so that I can tailor your subscription to your unique needs. You will gain access to the Quenza app, where you will access the exercises and chat function within 24 hours. The sooner you provide the form the quicker I can get things set up for you.

About You

What name would you like me to use when chatting with you?

What are your pronouns (if you would like to share them)?

How would you describe yourself and any neurodivergence you would like me to be aware of?

Your Journey

What made you decide to start this guided self-learning journey?

What topics, skills, or areas would you most like to explore and strengthen through this experience?

When you imagine feeling more confident, capable, or thriving, what does that look like for you?

What challenges or obstacles have you experienced in learning, applying strategies, or making changes in the past?

Your Strengths and Support Needs

What strengths, interests, or qualities do you feel you bring to your personal growth journey?

What types of resources or activities do you usually find most helpful for learning and self-development?

(e.g., short readings, visuals, worksheets, practical exercises, checklists, reflection prompts, etc.)

Is there anything that tends to make learning or reflection more difficult or overwhelming for you?

(e.g., too much information at once, sensory overload, unstructured tasks, etc.)

What would help you feel supported and motivated as you move through the materials?

Communication and Accessibility

Are there any accessibility needs, sensory preferences, or communication preferences I should keep in mind while supporting you via chat?

How would you like me to support you if you are feeling stuck, overwhelmed, or unsure during the process?

(e.g., gentle encouragement, offering choices, step-by-step guidance, pausing and reflecting together, etc.)

Final Reflections

Is there anything else you would like to share that will help me understand how to support your learning and well-being?

Thank you

Your answers will help create a self-learning experience that works for you, at your pace and in your style. I'm here if you need encouragement, ideas, or a listening ear along the way.

