

COACHING *questionnaire*

USE THIS QUESTIONNAIRE TO DETERMINE IF COACHING IS RIGHT FOR YOU.

QUESTION	YES	NO
ARE YOU LOOKING TO MAKE A POSITIVE CHANGE IN YOUR LIFE?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU HAVE A GOAL YOU WANT TO ACHIEVE?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU PREPARED TO SHIFT YOUR PERSPECTIVE?	<input type="checkbox"/>	<input type="checkbox"/>
WOULD YOU LIKE SOMEONE TO HELP YOU CREATE CHANGE?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU LOOKING FOR NEW WAYS TO ACHIEVE YOUR GOALS?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU PREPARED TO SEE THINGS DIFFERENTLY?	<input type="checkbox"/>	<input type="checkbox"/>
HAVE YOU EXPERIENCED A BIG CHANGE IN YOUR LIFE RECENTLY?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU HAVE COPING SYSTEMS FOR CHALLENGING SITUATIONS?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU FEEL MOTIVATED EVERY DAY?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU FEEL UNSURE ABOUT THE DIRECTION YOUR LIFE IS TAKING?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU NEED HELP WITH SETTING MEANINGFUL GOALS?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU PREPARED TO DO HARD WORK AND BE COMMITTED?	<input type="checkbox"/>	<input type="checkbox"/>

Do you have any other information you would like to share?