CAREER CHANGE QUESTIONNAIRE

The purpose of this simple questionnaire is to help you start to brainstorm your thoughts about different components of your career and how you feel about them. These will give you an idea of the direction and changes you wish to make.

1. Interests:
2. Words that best describe you:
3. To me, success is:
4. What do you like about your current profession?
5. What do you dislike about your current profession?
6. What are you really good at?
7. List 5 activities that energise you:

## a)

## b)

## c)

## d)

## e)

1. List 5 activities that drain you:

a)

b)

c)

d)

d)

1. List 5 personal goals:

a)

b)

c)

d)

e)

1. List 5 professional goals:

a)

b)

c)

d)

e)

1. How committed are you to achieving your goals?
2. On a scale of 1-10 what is your level of stress?
3. What activities if any, do you do to manage or reduce stress?
4. Are you currently search for new job opportunities? How are you doing this?
5. What kind of job description is appealing to you?
6. What companies are you currently targeting?
7. What types of roles are you currently targeting, if any?
8. What is your current/last compensation?
9. What is your desired compensation for your next role?
10. Are you seeking a full-time, permanent position or reduced working hours?
11. Are you open to relocation?
12. Was there a particular event that motivated you to you to seek out career coaching and embark upon career transformation? If so, please explain.