

## PRIVATE COACHING QUESTIONNAIRE – The Em Collective

Welcome beautiful, I am so happy you are here.

Below are a few questions to outline more about your current situation, what you are hoping to achieve and what may be getting in your way.

This will help both of us to see whether we are a good fit for each other right now given the work you are looking to seek guidance around.

Once completed please send back to [theemcollectivegroup@gmail.com](mailto:theemcollectivegroup@gmail.com)

Q1. What are you hoping to achieve from your coaching experience?

Q.2 Do you have specific goals for the time of working together?

Q.3 What are 1-3 main obstacles you are facing right now that you would like to work through?

Q.4 What have you tried previously to help with overcoming these obstacles? And why do you feel they didn't work?

Q.5 What is 1-2 main things you wish to achieve over the next 6 months? And why?

Q.6 Have you had private coaching before? If yes. Was it beneficial and how?

Q.7 How much time, money and energy are you willing to invest in your goals?

(1 being lowest, 10 being highest commitment)

1 2 3 4 5 6 7 8 9 10

Q.8 Which areas on life do you feel you require support?

Inner child work

Belief systems

Self worth and love

Relationships

Setting boundaries

Manifesting

Other: