

Client Coaching Questionnaire

As your career coach, it helps to understand how you view your life at this moment in time. I am interested in what has brought you to where you are now and what changes you would like to make. Please complete the following questions and return before our next session. It shouldn't take longer than 10 minutes to complete.

Name		Date	
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List 3 skills that you would like to develop in life and for your career.

1.	
2.	
3.	

List three things that you value and are grateful for in your life right now.

1.	
2.	
3.	

List three ways that you limit your success or effectiveness:

1.	
2.	
3.	

List three qualities or characteristics you value most in yourself:

1.	
2.	
3.	

List three qualities or characteristics you value most in others:

1.	
2.	
3.	

List 1-3 careers you dream of having or could envision doing one day...

1.	
2.	
3.	

What are your career goals and life goals? List 1 or more examples of each.

1.	
2.	
3.	
4.	

If you could imagine your purpose in life, what would it be? (What is your passion)?

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What challenges are you facing in life right now?

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Have you been coached before?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
If yes, please describe your experience.		
What are some topics you would like to explore through our coaching together? <i>(Goal setting, staying motivated, overcoming challenges, career planning, professional development)</i>		

Thank you for taking the time to complete this questionnaire. ***Please email it to your coach at least 2 hours before your next coaching session.***

If your coaching is with Jen Oleson, please email the questionnaire to joleson@peoplefirsthr.com.

If your coaching is with Vanessa Caligiuri, please email the questionnaire to vcaligiuri@peoplefirsthr.com.