

PRE-SESSION COACHING QUESTIONNAIRE

The purpose of this pre-coaching questionnaire is for me to gain insights into your thinking and to see what you hope to gain from coaching. You will find questions about your background, goals, desires and any other details about yourself that you feel I should know.

All answers are absolutely confidential.

We will be going over this questionnaire in our first session so if there are questions you do not feel like answering at this time or would like to discuss in detail, please feel free to indicate that. Any amount of detail you wish to provide is fine.

1. Who are the most important people in your life and why?

2. What is the greatest challenge you have had to overcome?

3. What tools did you use to overcome that challenge?

4. What major changes have you faced in the last few years?

5. What activities give you energy?

6. What are two areas in your life that you consider energy drainers?

7. What are 3 goals you would like to achieve in the next 3 months?

8. On a scale of 1-10 how stuck do you feel by the current circumstances of your life?

9. What is most important to you right now?

10. How can I best serve you to reach your goals?