

**Client Questionnaire**

Thank you for your interest in mentoring. This questionnaire will help me understand where you are, what you need, and how we can best work together to create the transformation you desire. Please take your time to answer these questions honestly and with full clarity.

**Personal & Background Information:**

1. What is your full name and preferred contact details?

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1. What do you currently do for work, and how do you feel about it?

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1. How would you describe yourself in three words?

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1. How would you describe your life in 3 sentences?

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1. What are the biggest personal or professional challenges you are currently facing?

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1. Have you worked with a mentor or coach before? If so, what was your experience like?

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**Your Goals & Vision:**

1. What specific areas of your life or business would you like mentoring on?

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1. What does success look like for you in the next 6–12 months?

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1. If you could achieve anything with no limitations, what would it be?

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1. What is currently stopping you from achieving your goals?

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1. What skills, mindset shifts or resources do you believe you need to move forward?

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**Self-Leadership & Mindset:**

1. How do you currently handle setbacks or obstacles in your life?

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1. On a scale of 1-10, how confident are you in your ability to create the life you want? Why?

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1. What is your relationship with taking risks and stepping outside your comfort zone?

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1. How do you typically make decisions - intuitively, logically, or based on external validation?

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1. Do you have any recurring fears or limiting beliefs that hold you back?

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**Commitment & Expectations:**

1. What do you expect from this mentoring experience?

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1. How much time and energy are you willing to commit to your growth?

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1. What is your preferred mentoring style - direct and no-fluff, nurturing and supportive, or a mix of both?

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1. Is there anything specific I should know to mentor you effectively?

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1. If we were to fast forward 12 months and this mentoring changed your life, what would that look like for you?

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1. Which of the mentoring offers below suit you best?

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OFFERS:

1. Mentorship 1on1 session £77/hour. It is for my client to choose how often and how long they want to work with me.

Commitment packages:

1. 3 months – weekly 1on1 calls £888 paid in full – great for full immersion experience
2. 6 months – bi-weekly 1on1 calls £888 paid in full – for slower pace, longer times to integrate and exercise each session
3. 12 months -bi-weekly 1on1 calls £1555 paid in full – for longer on-going support, where we walk hand in hand for full year. We also stay in touch via Telegram between the sessions. You will also receive access to my courses released withing that year. What could happen in 1 year?
4. What days and times suit you best for our calls?

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Thank you for taking the time to complete this. Your answers will help us create a mentorship journey that is truly aligned with your needs and goals. I look forward to working with you!

Please fill in this questionnaire and send it over to ula@heartcorewoman.com

After receiving it, I will follow up with the payment link and details for our calls.

I can’t wait to discuss it all with you on our first session 😊

Remember, “we are only walking each other home” ~Ram Dass.

Looking forward to walking it with you.

With Love. Ula xx

