

Transformations Within LLC

Intake Process and Questionnaire

Client Coaching Questionnaire

NAME: _____ DATE: _____

ADDRESS: _____

PHONE: _____ MOBILE: _____

EMAIL: _____

As your coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take several days to compose your responses to these questions. Thank you.

Coaching

1. Is there any other information or context you believe is important for me to know before starting your coaching journey?

2. As your coach, what are your preferences or expectations for my role in guiding and supporting you throughout the coaching process?

3. What specific areas or aspects do you wish to focus on and work on during our coaching sessions?

4. Which two actions could you take right away that would have the most positive and a significant impact on your current situation?

5. What can I say to you when you feel "stuck" to help you regain momentum and take action?

6. What adjustments or modifications are you willing to consider in order to ensure the success of your coaching journey?

7. If you trusted your coach enough to tell him or her how to manage you most effectively, what tips would you give?