



## **WOLFPACK LIFE COACH**

### **Welcome to The Wolfpack Life Coach's Career Coaching 7 Step Program Questionnaire!**

Embarking on this journey signifies your readiness to explore and enhance your career potential. Together, we'll navigate through personalized strategies to reclaim your power at work, identify your strengths and opportunities, and align your career with your deepest values. Your aspirations are our guideposts, and this program is your first step towards a fulfilling professional life. Let's unlock your career's full potential!

## **Personal and Career Discovery**

1. Name:

2. Preferred Contact Method (Email/Phone/Zoom):

3. What is your current occupation, and how long have you been in this role?

4. Can you briefly describe your current career goals and any challenges you are facing?

## **Purchasing Intentions and Expectations**

5. What prompted you to consider career coaching at this point in your life?

6. Are you looking for support with a specific situation (e.g., job transition, career advancement, overcoming work-related challenges)? Please describe.

7. What are your key expectations from purchasing career coaching services?

### **Psychosocial Aspects**

8. How would you describe your current level of job satisfaction, and what factors contribute to this feeling?

9. Are there any psychosocial factors (e.g., personal values, social environment, mental health concerns) that you believe are affecting your career decisions and satisfaction?

### **Career Coaching Program Specifics**

**10. Reclaim Your Power:** Can you identify a situation at work where you felt disempowered? What outcome would you like to achieve in a similar situation in the future?

**11. Personal SWOT:** From your perspective, what are your strengths, weaknesses, opportunities, and threats in relation to your career?

**12. Career Values:** What values are most important to you in your work (e.g., autonomy, creativity, impact)?

**13. Boost Your Strengths:** Identify one strength you wish to enhance through coaching. Why is this important to you?

**14. Weakness Zapper:** Describe one weakness or area for improvement you'd like to address. What approach or strategies do you believe could help?

**15. Career Discovery:** Reflecting on your past experiences, what patterns or themes do you notice that might indicate a deeper career passion or path?

**16. Simple 360 Feedback:** How open are you to receiving feedback from colleagues, friends, and family to identify your strengths and weaknesses?

### **Final Thoughts and Next Steps**

17. Is there anything specific you hope to achieve through the Career Coaching 7 Step Program that hasn't been covered?

18. Do you have any concerns or reservations about starting this coaching program?

19. What is the best time for you to schedule our coaching sessions, and do you prefer in-person or Zoom meetings?

This questionnaire is designed to gather comprehensive information to tailor the career coaching process effectively, focusing on psychosocial recovery and personal career advancement.

Thank you for taking the time to complete this questionnaire. Your responses will help us create a more personalized and impactful Career Coaching experience for you. We look forward to supporting you on your journey to achieving your breakthrough!

Warm regards,  
Jyee Byrne  
The Wolfpack Life Coach



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