

■ C O A C H I N G Q U E S T I O N N A I R E ■

*Please type responses to all questions and e-mail back to your coach.
All Information is Private & Confidential.

Name Birth	Email	Phone Number	Date of
Address			
How Did You Hear About Me?			
<input type="checkbox"/> Search Engine <input type="checkbox"/> Coach Federation <input type="checkbox"/> FindaCoach.com <input type="checkbox"/> FaceBook <input type="checkbox"/> Friend <input type="checkbox"/> Other (please note)			
<u>GOALS</u>			
What are the 3 goals you want to achieve over the next three months?			
What are the three biggest changes you want to make in your life over the next three years?			
<u>PERSONAL HISTORY</u>			
What would you say have been your three greatest accomplishments in your life to date?			
What is the hardest thing you have ever had to overcome?			

Who are or have been your major role models?

What major transitions have you had in the past two years? (i.e. – entering or approaching a new decade of life, a new relationship, a new job, a new role, a new residence, changes in children’s ages/stages of life, separation, divorce, death of a loved one, birth of a child, marriage, etc.)

YOUR LIFE

Who are the key people in your life and what do they provide for you?

Is your life one of your choosing? If not, which parts are being chosen for you?

On a scale of 1 – 10, 10 = HIGH, provide a number that represents your current level/degree of stress:

What are your primary stressors?

List five (5) things that you are tolerating or putting up with in your life at present. (i.e. – information you cannot find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment, old appliances, etc.)

COACHING YOU

What would you expect or like your Coach to do if you get behind on your goals?

How will you know when you are receiving value (i.e. – your money's worth) from the Coaching process?

What types of approaches discourage you or take away your motivation?

How can your Coach best support you in the Coaching relationship? Using each number once, place the following in order of importance. Rank using 1-10 (1= Most Important; 10 = Least Important)

Brainstorming Strategies Together
Insight into Who You Are and Your Potential

Support, Encouragement, Validation
Exploring and Removing Blocks and Obstacles to Your Success

Accountability; Checking up on Goals
Working through Self-Improvement Programs Together

Suggesting or Designing Action Steps
Painting a Vision of What You Can Become or Accomplish

Strategic Planning
Directness: Asking Hard Questions; Challenging You to Move Forward

POTENTIAL & POSSIBILITY

Do you have a personal or professional vision?

If so, what is it?

What would you like to contribute to the world?

What is a dream or goal you have given up on?

What part of yourself, if any, have you given up on?

On a scale of 1 to 10 (10= HIGH), rate the quality of your life today:

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**What Events, Seminars or Books Have You Attended or Read
Which Have Had the Most Impact On You?**
