



## Coaching and Mentoring Questionnaire

Welcome to Peer Visioning,

We look forward to supporting you to pursue your aspirations and realise your full potential. Our coaching and mentoring team is dedicated to providing you with the guidance, resources, and encouragement you need to succeed in your endeavours.

There is no one-size-fits-all approach to coaching and mentoring. Coaching and mentoring serve as a mutually developed space to support growth where the coachee/mentee (client) and coach collaboratively establish how to work together to enhance the coachee's goals.

Coaching and mentoring differs from therapy and counselling. While emotions may be explored and addressed, the primary focus of coaching and mentoring revolves around continuously advancing your competence, capability, and capacity (skills, knowledge and resources) through focusing on your mental health wellbeing, areas of personal development and larger goals.

Coaching and mentoring is led by the coachee/mentee and offers a space to delve into real life scenarios, including challenges, growth opportunities, dilemmas, and concerns to explore mindsets, discuss options and support action steps.

To prepare for your initial session, kindly respond to the following questions. Your coach or mentor will review your responses with you during your first session. Your coach/mentor will ask you if you any questions, so please bring them to your first session.

Your success is our success, and we are truly excited to be a part of your journey towards reaching your goals.

Best Wishes,  
Alex Sturman, PCC  
Managing Director

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CLIENT DETAILS:

Family Name:		Given Name:	
Preferred Name:		Pronouns:	
Date of Birth:		Personal Mobile:	
Personal Email:			
Address:		State / Post Code:	
Employer:		Occupation	
Job Title:		Years in Role:	
Work Email:			
Work Address:		State / Post Code:	
Work Phone:		Office Phone:	

EMERGENCY CONTACT: *BEST PERSON TO CONTACT IF THERE'S AN EMERGENCY DURING BUSINESS HOURS.*

Name:

Relationship:

Phone:

*Additional Information:*

<b>How frequently have you previously received coaching?</b>				
<i>Never</i>	<i>Weekly</i>	<i>Fortnightly</i>	<i>Monthly</i>	<i>Semi Annually</i>
<b>Are you currently working, studying or volunteering? If yes, how many hours per week?</b>			<i>Yes</i>	<i>No</i>
<b>Are you currently or have you ever worked in an identified lived experience role? (eg. peer worker, peer mentor, recovery coach, etc)</b>			<i>Yes</i>	<i>No</i>
<b>If you are in a peer role, how often do you need to support others by sharing your personal experiences?</b>				
<i>Never</i>	<i>Daily</i>	<i>Weekly</i>	<i>Fortnightly</i>	<i>Monthly or Less</i>

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<b>How frequently do you engage in wellbeing activities? (eg, exercise, meditation, art, music etc)</b>				
<i>Never</i>	<i>Weekly</i>	<i>Fortnightly</i>	<i>Monthly</i>	<i>Semi Annually</i>
<b>Do you currently keep a reflective journal?</b>			<i>Yes</i>	<i>No</i>
<b>How often do you review your life goals/vision?</b>				
<i>Never</i>	<i>Weekly</i>	<i>Fortnightly</i>	<i>Monthly</i>	<i>Semi Annually</i>
<b>What is your preferred method of learning something new?</b>				
<i>Through Seeing</i>	<i>Through Listening</i>	<i>Through Reading and Writing</i>	<i>Through Doing</i>	
<b>How do you prefer to receive / provide feedback?</b>				
<b>What is your previous experience in setting and achieving personal goals?</b>				
<b>What prompted you to seek coaching?</b>				

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**Which parts of your current daily life are important for your personal development or recovery journey?**

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**What do you hope to achieve through engaging in coaching?**

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Thank you for taking the time to complete this questionnaire.

Please contact us to discuss any questions you may have.

*Return by email to: [hello@peervisioning.com.au](mailto:hello@peervisioning.com.au)*

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