



Coaching Questionnaire

This initial questionnaire will help me learn more about you and how best to help you. Please be open and honest as you share about your needs, wants, strengths, capabilities, resources, fears, motivations, challenges, and barriers to moving forward.

1. What are the 3 biggest changes you want to make in your life over the next 5 years?

2. What 3 goals do you want to achieve within the next 3 months?

3. Who or what is most important to you in your life and why?

4. On a scale of 1 -10 how happy are you with your life right now? What makes you happy?

5. On a scale of 1-10 how motivated are you in your work/personal life? What motivates you?

6. On a scale of 1 -10 how stressed do you feel right now – what are your key stressors?

7. What would you like from your coach during your sessions: score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important:
 - a. Gaining clarity of issues
 - b. Understanding what is important /what motivates me
 - c. Exploring and understanding what is holding me back
 - d. Gaining an insight into who I am, my strengths, capabilities and potential
 - e. Providing encouragement and support
 - f. Helping define goals
 - g. Helping to identify action and next steps
 - h. Challenging you with difficult questions
 - i. Providing honest and direct feedback
 - j. Making you accountable for your goals