Participants Name: Date:

Coaching Questionnaire

* Please type responses to all questions and e-mail back to your coach. All information provided is private and confidential.

1. What would you like to accomplish through coaching, that if accomplished would make you feel this was the best coaching program you have ever taken?

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1. What are the three biggest changes you want to make in your life/business over the next three months?

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1. What would you say have been your three greatest accomplishments in your life to date?

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1. What is the hardest thing you have ever had to overcome? And what pulled you through it?

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1. Who are or have been your major role models?

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1. 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.)

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

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

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

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1. What are your primary stressors?

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1. 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.)

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1. What are your top 5 values?

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1. How will you know when you are receiving value (i.e. your money’s worth) from the coaching process?

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

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1. Which area(s) need to be emphasized for you? Circle or **Underline** which ones apply:

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| Self-Confidence Communication Skills Leadership Skills Focus/Vision  Goal Setting Managing People Human Relations Delegation  Control Stress Presentation Skills Selling ideas Teamwork  Energy/Vitality Motivation Decision Making Closing Skills |

Why would these areas be important?

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1. Do you have a personal or professional vision? If yes, what is it?

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1. What would you like to contribute to the world?

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

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

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1. On a scale of 1-10, 10=HIGH, rate the quality of the life you lead today:

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1. The biggest challenge I face in my job/life is…?

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1. What skills are most important to the success of the organization and/or your team within the company over the next year?

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1. What do you need to improve? Why?

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1. Why are you here?

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1. What would you say is the problem?

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1. How is that a problem?

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1. How long have you had the problem?

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1. What happened the first time you had this?

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1. Is there a purpose for this problem?

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1. Are you the cause for the creation of this problem? If not, who/what is?

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1. How will you know when the problem has totally disappeared?

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1. Why do you want to let go of the problem?

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1. What will happen when you get your outcome? What will you feel? How will your family (business associates) react to you letting go of your problem?

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1. What do you really want, specifically?

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1. Do you have any physical limitations that we should know about?

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Thank you.