



COACHING QUESTIONNAIRE

Coaching is more effective and efficient if you can give me some information about yourself in the beginning. This is confidential information and you are free to pass on any of the questions. The more you complete, however, the better I will know you and be able to provide the best coaching experience.

Name:

Address:

Phone (mobile)

Phone (home)

Email address:

Occupation:

Employer name:

Date of birth:

Marital Status:

Spouse:

SPARKLE

Names and ages of family members:

Why do you want coaching?

In the space below, write a brief life story, Use extra paper if you want.

What are the most important things (good and bad) happening in your life right now?

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In what ways would you like your life to be different one year from now? Be specific.

What's getting in the way of these goals?

List at least 3 things you procrastinate at—the things that you've been putting off?

What is the hardest thing you had to overcome?

What dreams have you given up on?

What are your primary stressors?

Who are your biggest role models?

What have been your 3 biggest accomplishments in life?



If you knew you could not fail, what would you do today?

What is the main thing you want your coach to provide? Ex. Accountability, focus, action steps, strategies, encouragement, validation, help remove obstacles, check up on goals