

Introductory Client Questionnaire

Client:

Date:

Please take time to answer the questions provided. The total amount of time spent on this questionnaire is not as important as taking some bit of time to reflect and think about each question. Some of the questions capture information about where you are today. Others will get you thinking about what you want from coaching, from your job, and from life in general. This information will provide a good foundation for our initial coaching sessions allowing us to move forward with your life.

Bring your copy with your answers to our Discovery Session.

General Life

- What brought you to seek out a life coach?
- If one thing could be different in your life, what is it you would desire to change?
- What words describe you when you are at your best?
- What words describe you when you are at less than your best?

Job/Career

- What do you want most from a job or career?
- What concerns are keeping you awake at night?
- What type of culture, environment, or values structure is most important to your success?

Personal

- What dream(s) of yours is still unfulfilled?
- What are three of your unique gifts or talents? How often do you use them? In what way?
- What do you do when you're really up against an obstacle, a barrier or a conflict?
- In what way(s) do you show *who you are* to the world?

Coaching

- What approach to working with you encourages or motivates you?
- What approach to working with you discourages or de-motivates you?
- What is your desired outcome from coaching?
- What else would you like your coach to know?

Questions

- What questions do you have about the coaching process?