

New Client Questionnaire

Please take a reasonable amount of time (you define that!) to answer the following questions. There are no right or wrong answers. Some of the questions capture information about where you are today. Other questions will make you curious about what you want from coaching, from your career, and from your life in general. Your answers will help us set a strong foundation for the coaching relationship.

Name: _____

Mailing Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Fax Number: _____ E-mail Address: _____

Occupation: _____

1. What do you want to work on in coaching? _____

2. How do you want me to be as your coach? _____

3. What do you want to be certain to obtain from the coaching relationship? _____

4. What two steps could you take immediately that would help you move forward? _____

5. What can I say to you when you are stuck that will help you move forward? _____

6. What changes need to be made within yourself, or your life, to help your coaching be successful? _____

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Career

1. What do you want from your career?

2. What projects are you involved with?

3. What are your career goals?

4. What skills or knowledge are you developing?

5. How do your career goals support your personal goals?

6. What do you want to do to support your career goals?

7. What do you need to change to help your career move forward?

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Personal

1. What special interests do you have?

2. What special knowledge do you have?

3. What do you do when things get stressful?

4. What activities have special meaning for you?

5. What vision do you have for your life?

6. Tell me about your family and personal life.

7. Tell me about significant events in your life.
