

Coaching Questionnaire

The following questionnaire is designed to help you start thinking about your coaching session and clarify what you want to get out of it. Because I am committed to you getting what you want, this form is a resource for me to personally support and coach you. As with most worthwhile endeavours, what you get out of your coaching session is to some extent measured by what you put into to it. I will be there for you 100%, and for you to achieve the results you deserve you must also do your part — and that starts with taking an hour or so to complete this questionnaire. I know you wouldn't have booked your coaching, if you weren't the kind of person who is committed to doing whatever it takes to ensure you achieve your outcome. So be honest with yourself and remember, this questionnaire is designed to support you so there are no "right" or "wrong" answers. Most important of all, enjoy the process.....

First Name

Last Name

Address:

Post Code

Phone (day)

Phone (eve)

Mobile

Fax:

Email:

Birth Date:

Current Age:

Gender:

Marital Status: (Single/ in committed relationship/ Married/ Divorced/ Widowed)

Year in Relationship

Spouse/ partner's Name and Age:

Name(s) & Age(s) of your children:

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WHY ARE YOU ATTENDING THIS COACHING SESSION/EVENT?

1. What compelled you to look for something to change you life?

2. Describe the one thing you most want to learn, change or reinforce:

3. How will you know if you have achieved your outcome from this coaching?

4. What are some of your goals for the next 12 months?

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WHAT HAS YOUR LIFE BEEN ABOUT SO FAR?

5. What has been your primary focus in life? Where have you put the most time and energy?

Please describe four (4) events that have shaped your life, and what you learned from them:

Event#1:

What I learned from this event:

Event#2:

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What I learned from this event:

Event #3:

What I learned from this event:

Event #4:

What I learned from this event:

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WHAT ARE THE BELIEFS THAT HAVE SHAPED YOUR LIFE?

7. What are some of the most important beliefs about life? (Examples: life is good; life is a struggle; life has no meaning; life is what you make it)

8. What do you believe about people?

9. What do you believe is within your control? What are you responsible for? What is out of your control?

10. What do you believe about love?

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11. What do you believe about relationships (with a significant other, family, friends, associates)?

12. Who do you believe you are? How would you identify yourself? If you had to describe yourself to someone else what would you say?

13. What do you have certainty about in your life?

14. What are you uncertain about?

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15. What is most important in your life?

16. What is great in your life today? What are you excited about? What are you proud of?

17. What is missing in your life? What will it take for you to get or experience what you want?

18. What is your greatest fear?

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WHAT EMOTIONS DO YOU VALUE OR AVOID?

19. Please make a list of all the typical emotional states you experience at least once each week. Include both resourceful and unresourceful emotions.

Resourceful Emotions

Unresourceful Emotions

20. For two (2) emotions on each list (resourceful/unresourceful), describe a typical situation where that emotion arises what triggers the emotion. Then, if you have a particular way you either make a good emotion better or get rid of a negative emotion; write down how you do that. Use additional paper if necessary.

Resourceful Emotion #1:

Situation:

Trigger:

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Enhancer

Resourceful Emotion #2

Situation:

Trigger:

Enhancer

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Unresourceful Emotion #1:

Situation:

Trigger:

Eliminator: -

Unresourceful Emotion #2:

Situation:

Trigger:

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Eliminator: -

WHAT EMOTIONS, QUESTIONS, AND SITUATIONS DRIVE YOUR LIFE?

21. In what areas of your life do you experience the most stress? What creates that stress (be specific)?

22. How do you get out of stress? What "coping mechanisms" do you use to feel better? And how well does each of them work?

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23. What emotions and behaviours do you experience on a regular basis that you would like to change/eliminate?

24. What are some of the things you do to make yourself feel great? What makes you feel really, really good?

25. If you could have your life exactly the way you want it, how would it be?

26. What are you most grateful for in life?
