



Client Questionnaire

Answer the following questions to the best of your ability. They will be used for the coaching assessment and to establish priorities and set initial goals.

What are the 3 biggest changes you want to make in your life over the next 5 years?

What 3 goals do you want to achieve within the next 3 months?

If anything was possible, what would you wish for?

What have been your 3 greatest successes to date?

What is the greatest challenge you have had to overcome?

What major changes have you been faced with over the last couple of years?

What is most important to you in your life and why?

Who are the most important people in your life – what do they provide you with?



Is your life one of your choosing? If not, who is choosing it for you?

On a scale of 1 -10, how happy are you with your life right now? What are the things that make you happy?

On a scale of 1-10, how motivated are you in your work/personal life? What motivates you?

On a scale of 1 -10, how stressed do you feel right now – what are your key stressors?

List 5 things that you feel you are 'putting up with' right now?

What would you like your coach to do if you struggle with your goals?

How will you know when you are receiving value from the coaching process?

What approaches motivate /demotivate you?

What would you like from your coach during your sessions: score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important:

Rank	Topic
	Gaining clarity of issues
	Understanding what is important /what motivates me
	Exploring and understanding what is holding me back
	Gaining an insight into who I am, my strengths, capabilities and potential
	Providing encouragement and support
	Helping define goals
	Helping to identify action and next steps
	Challenging you with difficult questions
	Providing honest and direct feedback
	Making you accountable for your goals