

## COACHING QUESTIONNAIRE

### Contact Information

Name:

Email Address:

Telephone (W):

Telephone (M):

Job Title:

### Organizational Information

Organization Name:

Office Address:

Website:

### Coaching Goals

What are your top goals for the coaching engagement? (check no more than three)

Improved work performance \_\_\_

Increased self-esteem/self-confidence \_\_\_

Improved work/life balance \_\_\_

Enhanced career opportunities \_\_\_

Improved communication skills \_\_\_

Relationship building \_\_\_

Team effectiveness \_\_\_

Other \_\_\_ Please identify: \_\_\_\_\_

Please elaborate on your goals for coaching:

In your professional life, what do you hope to accomplish through coaching?

In your personal life, what do you hope to accomplish through coaching?

What are the challenges, limitations, and obstacles that hold you back from accomplishing your goals?

What strengths, assets, capabilities and support do you desire in a coach?

What characteristics would your ideal coach have?

Gender: M \_\_\_ F \_\_\_ No preference \_\_\_

Coaching style:

Professional experience:

Is there anything else you'd like to share?