

## **Pre Coaching Questionnaire**

### **Pre-Coaching Survey and Needs Analysis**

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

**1**

**2**

**3**

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

**1**

**2**

**3**

**If anything was possible what would you wish for?**

**What have been your 3 greatest successes to date?**

**1**

**2**

**3**

**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 most important to you 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?**

**1**

**2**

**3**

**4**

**5**

**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 /de-motivate you?**

**Motivates Me:**

**De-motivate Me:**

**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:**

- 1. Gaining clarity of issues**
- 2. Understanding what is important /what motivates me**
- 3. Exploring and understanding what is holding me back**
- 4. Gaining an insight into who I am, my strengths, capabilities and potential**
- 5. Providing encouragement and support**
- 6. Helping define goals**
- 7. Helping to identify action and next steps**
- 8. Challenging you with difficult questions**
- 9. Providing honest and direct feedback**
- 10. Making you accountable for your goals**