

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**