



## **Coaching Questionnaire**

To help us both get the most from our coaching sessions, please complete this two-page questionnaire and email it to me before our first session.

**Name:**

**Phone:**

**Email:**

### **Your Goals**

What are your specific personal & professional goals for the year?

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What do you want to accomplish in the next three months?

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What are your personal strengths\*?

- 

What are your professional strengths?

- 

What are you most proud of having accomplished personally and professionally?

- 

What would others say about you? What makes you unique, powerful, and special? (*Yes, you are!*)

-



What are you looking for from our coaching relationship?

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What issues and outcomes do you want us to focus on?

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How should I respond when you feel stuck?

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How will you measure your progress towards your goals?

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How will you stay motivated throughout this process?

- 

What else would you like me, as your coach, to know about you?

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**Thank you!**

As with everything about our coaching relationship, anything you send me will be held in the strictest confidence.

\* To help determine your values, please consider taking the free online VIA survey at <https://www.viacharacter.org> and note your top 5-character strengths