

Price Professional Development coaching questionnaire

This questionnaire is designed to provide the coach with background information that will help the first coaching session be more productive and focused. Please answer the questions as completely as possible. If you feel uncomfortable with any question please indicate so.

All information provided is of course confidential.

Background information

1. Tell me about yourself i.e. your full name, your age, your work history, your family and important personal relationships, your interests and hobbies.
2. Are you living the life you want?
3. What is missing from your life right now?
4. Have you thought about what you need to fill this gap?
5. How do you learn best?
6. What do you think is holding you back from achieving what you want in life?
7. How will coaching affect those around you if you make changes in your life?
8. How much control do you think you have over your life?
9. What 3 words would people use to describe you?(please chose people who know you well)
10. What are your strengths and weaknesses?
11. If you had an ideal life what would it look like?
12. Thinking about the future what obstacles or challenges would you have to overcome to achieve your goals?
13. Have you used a coach before? If so, was your experience positive or negative?
14. What goal/challenge would you like to use coaching to focus on?
15. What attracted you to coaching?

name and date	
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