

As your coach it is important for me to understand how you view the world in general and yourself in particular. Every person has their own unique and personal way of interacting with their surroundings.

These questions will hopefully provide a means for me to understand you and your current position more closely and thus enable to coach you to bring out your best. Please take the time to answer these questions as thoughtfully and clearly as possible. These questions are designed to be “mulled over” and to stimulate your thinking on items that may in the past been automatic.

If you have any queries please let me know and we can discuss them.

Client Details

Name: _____

Address: _____

Home Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____ Martial Status: _____

Children: _____

Employment Profile

Title: _____

Employer: _____

Duties: _____

Client Profile

What is it that currently occupies the majority of your professional time and effort?

What do you want from your business?

What skills or knowledge are you developing?

What are your key job/performance goals?

How does what you do professionally contribute to achieving your personal goals?

If you could change some aspects of your professional situation what would you choose to change?

What do you consider to be your greatest accomplishments so far?

What activities have meaning and heart for you?

Do you have a preferred style of learning? If so, what is it?

How do you find you are best motivated? Internally? Externally? Both?

What do you believe to be your most important values? Do you believe you are living congruently with these values?

How do you respond when you are in a really challenging situation?

What three steps could you take immediately that would make the greatest difference in your current situation(s)?

Goals

What are your top 6 goals, short or long term, at this moment?

Challenges

What are your top 6 challenges at this moment?

Coaching

What are your major objectives that you wish to achieve from coaching?

What can I say or do when you are “stuck” that will help you return to action?

How do you want me to be as your coach?

We want to get maximum benefit from your coaching experience. This is determined by our beliefs and the rules we have about coaching and its ability to contribute to our quality of our life. What do you need to believe for coaching to have the biggest impact on your life?

What, if any, expectations do you have of our coaching together?

What else would you like to let me know?

Overall

Rate the following 5 areas in terms of percentage, in how you see them.

- Poor (0-10%)
- Needs Work (20-30%)
- Average (30-50%)
- Okay (50-60%)
- Good (60-80%)
- Excellent (80-90%)
- Outstanding (90-100%)

1. (____) Health and Vitality
2. (____) Finances & Wealth (Abundance)
3. (____) Relationships
4. (____) Home Life
5. (____) Career and/or Life Goals

Now rate the following 5 areas in terms of percentage in how you would like them to be.

1. (____) Health and Vitality
2. (____) Finances & Wealth (Abundance)
3. (____) Relationships
4. (____) Home Life
5. (____) Career and/or Life Goals

Namasté & Warmest Regards

David Gray Wright