

COACHING QUESTIONNAIRE

1. What are your goals for coaching?

• _____

2. What challenges or obstacles have you faced when trying to achieve your goals?

3. What have you done in the past to try to overcome these challenges or obstacles?

• _____

• _____

4. What do you hope to achieve through coaching?

• _____

5. How do you see coaching helping you to achieve your goals?

• _____

6. What are your expectations for coaching?

• _____

7. What do you hope to learn or gain from coaching?

• _____

8. Are there any specific areas of your life or work that you would like to focus on in coaching?

• _____

9. What are your preferred communication methods (e.g., email, phone, in-person meetings)?

• _____

10. Is there anything else you would like to share with me about your goals, expectations, or preferences for coaching?

• _____