



Coaching Questionnaire

Contact Information

NAME

JOB TITLE

EMAIL

TELEPHONE (WORK)

TELEPHONE (CELL)

Organizational Information

ORGANIZATION NAME

OFFICE ADDRESS

WEBSITE

Coaching Goals

What are your top goals for the coaching engagement?
(Check no more than three.)

- Improved work performance
- Increased self-esteem/self-confidence
- Improved work/life balance
- Enhanced career opportunities
- Improved communication skills
- Relationship building
- Team effectiveness
- Other:

Please elaborate on your goals for coaching:

In your professional life, what do you hope to accomplish through coaching?

In your personal life, what do you hope to accomplish through coaching?

What are the challenges, limitations and obstacles that hold you back from accomplishing your goals?

What strengths, assets, capabilities and support do you desire in a coach?

What characteristics would your ideal coach have?

Gender Preference:

- Male Female No preference

Coaching style:

Professional experience:

Anything else you would like to share: