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: