

Intake Questionnaire

Name: _____ Date: _____

Address: _____

_____ Zip: _____

Phone: _____ Email: _____

As your coach, it's important for me to understand how you view yourself, the world, and your role within the world. Each person has a unique way of thinking and a unique way of interacting with those around them. Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take several days to compose your responses to these questions. Thank you.

Coaching

1. Tell me about a time when you felt you were your most productive in life. What was happening? What was your process?
2. Tell me about a time when you felt you were your least productive in life, What was happening? What did you do to try to change it? Did it work?
3. What does success mean to you? What is failure?
4. Do you believe in a higher being of any kind? Is it important that this belief is recognized and referenced to in our sessions?
5. Tell me about a time that someone has encouraged or motivated you to accomplish a goal. What did they say or do?
6. What do you expect to get out of coaching?

Career (if applicable)

1. What is your current career/job and how long have you been there? Do you like it?
2. What is your dream job/career?
3. What are your key career goals?
4. What skills or knowledge are you developing?
5. How do your career goals support your personal goals?

Personal

1. What is most important to you in your life and why?
2. Who are the people that are most important to you in your life and why?
3. What have been your three greatest successes to date?
4. What major changes have you been faced with over the last few years?
5. Is your current life one of your choosing? If not, who has been choosing it for you?
6. If anything was possible, what would you wish for?
7. Are you happy with your life's trajectory?

