



## Client Questionnaire

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Contact Phone \_\_\_\_\_ Alternative Phone (optional) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Preferred Contact Method \_\_\_\_\_

What prompted you to seek coaching?

Have you ever had coaching before? If yes, what was the most helpful/ least helpful?

What area(s) would you like to develop or focus on?

What outcomes are you expecting from the coaching relationship?

What do I need to know about you to coach you effectively?

## Client Questionnaire

How do you process information and experiences?

What is/ are your greatest strength(s)?

What do you want but don't currently have?

What are your biggest roadblocks or challenges for getting what you want?

What are your core values?

Please list the top 5 things you want me to know about you?