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New Life Coaching Client Questionnaire

Please take your time to fill out the following questions. There are no right or wrong answers here, just your answers. Some of the questions capture information about where you are today. Other questions are there to make you think about what you want from coaching, from your career, and from your life in general. Your answers will help us set a strong foundation for our coaching relationship.

1. What do you want to work on in coaching?

2. How do you want me to be as your coach?

3. What do you want to be certain to get from our coaching relationship?

4. What two steps could you take immediately that would move you forward?

5. What can I say to you when you are stuck that will help you move forward?

6. What changes need to be made within yourself or your life, to help your coaching be successful? _____

Career

1. What do you want from your career?

2. What projects are you involved with?

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?

6. What do you want to do to support your career goals?

7. What do you need to change to help your career move forward?

Personal

1. What special interests do you have?

2. What special knowledge do you have?

3. What do you believe in strongly?

4. What do you do when things get stressful?

5. What activities have special meaning for you?

6. What vision do you have for your life?

7. Tell me about your family and personal life?

8. Tell me about significant events in your life?
