**Getting to Know You:**

**Coaching Assessment Questions**

Thanks for your interest in working together. These questions are designed to help me understand your needs for coaching and to help me create the perfect bespoke course or coaching package to meet your needs.

Coaching is a powerful way to help you achieve your goal(s), taking you from where you are now, to where you want to be. In order to achieve your best results, the more I understand your goals and where you want to go, the more I can empower you, help you get what you desire and transform your life. Please be as open and honest as you can and write as much as you want (you don’t have to stick to the boxes) but please don’t feel pressured in to writing down anything you don’t want to. And don’t worry, there is no right or wrong answer, this is all about you).

(Please note that all information is kept strictly confidential, will not be shared, and I adhere to the GDPR)

Name:…………………………………………………………………………….

Date:……………………………………………………………………………..

**A bit about you:**

1. **Tell me a bit about what you do professionally** (e.g. where do you work, do you commute, what is your job title, what is your role, who do you work for etc.)
2. **Tell me a bit about what you do personally** (e.g. what hobbies do you have, how do you spend your free time, what makes you happy, where do you live, what holidays do you go on)
3. **Are you an introvert or extrovert?**
4. **Are you more task orientated, or people oriented?** (e.g. if you are task orientated, you like to have lists, get things done efficiently etc., whereas people orientated like to have fun on the job and make sure everyone is happy)
5. **What challenges are you facing at the moment?**
6. **What is taking most of your energy?**
7. **What is working well in your life/what are your strengths?**
8. **What is not working so well/what are your areas to work on?**
9. **What motivate you?**

**A bit about coaching:**

1. **Have you worked with a coach before?**
2. **What influenced your decision to work with a coach?**
3. **How long have you been thinking about wanting your goal/to make a change?**
4. **What have you done so far to help you reach your goal?**
5. **How do you want coaching to help you?**
6. **What are your expectations from coaching and from me?**
7. **What has prompted you to want to work with me?**
8. **Do you know how long you want coaching, and how many sessions you want?**

**Going forward:**

1. **What do you want to keep in your life going forward?**
2. **What would make your life more fulfilling?**

