Coaching Consultation Preparation Questionnaire

Congratulations on being intentional about your own growth and development and wanting to take your quality of life and results to the next level. A coach is a thinking and accountability partner, a sounding board, someone who is invested solely in your progress, your growth and your success, however you define that success to be. I will help you get clarity on your purpose, and develop laser sharp focus on your goals and priorities. Together we will unlock the barriers that are restricting the results you deserve.

Coaching is however not for everyone. The questionnaire below is to help us determine how ready you are for this process so that we can get started:

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| YOUR NAME: | DATE: |
| What are your top 3 goals? |  |
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| How will you benefit from achieving these goals? |  |
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| What are the main barriers or blocks to achieving your goals? |  |
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| What would you like to gain from the coaching process? |  |
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| What is your view of investing in yourself? How will it benefit you? |  |
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| Describe what an ideal coach would be like for you. |  |
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