

Profile

Please complete this questionnaire before your first coaching session. Some questions are about the present. Others are about the future. Both are useful in coaching.

General

Name

Mailing address

Telephone (Home)

Telephone (Work)

Fax

Email

Work information

Job title

Years with company

Years in present position

Coaching

What do you want to receive from the coaching activity?

What coaching behaviour from me will work most effectively with you?

Other comments about coaching?

Job

Describe the essence of your job.

What do you want from your job?

How does your job contribute to your organization?

How does your job contribute to your personal growth (knowledge and skills)?

What are your career aspirations?

Personal

What unique abilities do you have to contribute?

What special knowledge do you have?

What beliefs do you hold about work?

What do you do when you face a big challenge at work?

What would you like to see change in the world?

What two things could you do immediately to change your circumstances?

What can I say or do to help you return to action when you are stuck?