

## Client Coaching Questionnaire -- Individual

Name: .....Date: .....

Mailing address: .....

.....Zip Code: .....

Best Phone: .....

Email: .....

To help you reach your goals, it's important for me to understand as much as possible about you, how you think about things, and how you see yourself. All of us are individual and have unique ways of thinking and interacting with the world around us. These questions are a first step to getting to know you, and focussing in on how coaching can help.

Please answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These questions are designed to stimulate your thinking in a particular way that will make our work together as productive as possible – the amount of time and effort you put in will impact the amount of benefit you take away from this process – so make time for yourself to think carefully about your responses. Many people find it useful to take a few days to answer the questions, noticing that your answers may shift at different times of the day or week.

Feel free to convey the information in whatever way is easiest and makes the most sense to you. Bullet points or complete sentences are both fine.

### Coaching

**1. What are your top 2-3 things you want to get from the coaching relationship?**

**2. What sort of coaching style do you think will work best for you? For example, is there a particular style of interaction you would prefer from me?**

**3. What do you want to work on in coaching? Separate from your goals, this question is referring to behaviors, thoughts, or habits that you want to address and/or improve?**

**4. What two steps could you take immediately that would make the greatest difference in your current situation(s)?**

**5. What can I say to you when you are most "stuck" that will return you to action?**

**6. What changes might you need to make in order to help your coaching be successful?**

**7. If you trusted your coach enough to tell him or her how to manage you most effectively, what tips would you give?**

**8. If you have had previous coaching, what were the top 2-3 most effective aspects of that work, and the 2-3 least effective?**

### **Career (if applicable)**

**1. What are your key career goals?**

**2. What are your goals for next year, for 3-5 years, for 10 years?**

**3. What do you want from your career / job? How are you getting it?**

**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. Where have you felt challenges and roadblocks? And what helps you move ahead?**

## **Personal**

**1. What are your lifetime goals? In other words, what accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived – a life with few or no regrets?**

**2. If there were a secret passion in your life, what would it be?**

**3. What's missing in your life? What would make your life more fulfilling?**

**4. What would you want to do or be if money, time, or resources weren't an issue?**

**5. What activities have special meaning for you?**

**6. Considering your answers above, what are some aspirations for next year, for 3-5 years, for 10 years?**

**7. What are 2-3 things that are working well for you?**

**8. What do you do when things aren't working so well?**

**9. Tell me about a time(s) when you were operating at "peak performance", when things were going well for you, you were "on top of your game", you were pleased with what you were doing or accomplishing. What was going on? Who else was involved? How did you feel? (This is no time for modesty – tell it like it was.)**

## **Family, Relationships, Belonging**

**1. Who are the significant people in your life?**

**2. How connected do you feel? How important are your relationships?**

**3. What have been the significant events in your life?**

**4. Where do you find meaning and purpose in your life?**

**5. What do you consider your role to be in your local community? In your country? In the world?**

**6. Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God. If not, how else do you feel connected?**

**7. Considering your answers above, what are some aspirations for next year, for 3-5 years, for 10 years?**

**8. What are 2-3 things that are working well for you?**

**9. What do you do when things aren't working so well?**

**10. Tell me about a time(s) when you were operating at "peak performance" in your personal relationships: things were going well for you, you were "on top of your game," and you were pleased with what you were doing or accomplishing by way of your relationships and family. What was going on? Who else was involved? How did you feel? (This is no time for modesty – tell it like it was.)**

## **Health**

**1. How is your health?**

**2. How important is your physical and mental health to your overall happiness and success?**



**3. What are your top 2-3 healthiest habits or health successes?**

**4. What are 2-3 of your biggest health opportunities or challenges?**

**5. Considering your answers above, what are some aspirations for next year, for 3-5 years, for 10 years?**

**6. What are 2-3 things that are working well for you?**

**7. What do you do when things aren't working so well?**

**8. Tell me about a time(s) when you were operating at peak physical and mental health, when things were going well for you, you were "on top of your game," and were pleased with what you were doing or accomplishing. What was going on? How did it happen? Was anyone else involved? How did you feel? Again, this is no time for modesty – this is *your* success story. Tell me how it was.**

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