

# CLIENT PRE-COACHING QUESTIONNAIRE

Call it executive coaching, career coaching, leadership coaching, or something else... working with a certified coach with relatable professional experiences is a game changer.

Consider any of the following questions that interest you in preparation for our coaching session.

1. What business, career, and/or personal goals are you interested in exploring?
2. What makes attaining those goals complex or challenging?
3. What would you LOVE to see happen as a result of your coaching—and why?
4. What will be different about how you'll FEEL, THINK, and ACT when this happens?
5. What would you consider as 3 signs of progress that you are moving in the right direction?
6. What gives you confidence in yourself that you can make this happen?
7. What insights do you have about what is holding you back? (time, money, people, habits, lack of confidence, fears, assumptions, etc.)?
8. As you consider coaching, why is now a good time to engage?
9. What else might be important to share as we work together?

