

Tell me about yourself!

It's valuable for me, as your coach, to get a sense of who you are and how you view the world. The following questions will help me get to know you better and will help you start the coaching process. Please email the completed questionnaire to me by the day before your initial session.

Name:

Phone (work): (home): (cell):

Email:

Mailing Address:
(mostly for
holiday cards)

Your Near-Term Goals

What would you like to accomplish in the next month? In the next 4-6 months?

What might get in the way of your accomplishing this?

What initial thoughts do you have about your next professional role? (You may be clear or not at all clear). Say a bit about the range of options you see.

Your Longer-Term Goals

How do you see your life (personally and professionally) 10 years from now?

In the next few years, what would you like to be known for that you're not currently known for? This might relate to your career, personal interests, personal attributes, etc.

What's currently missing or under-expressed in your life, the presence of which would make your life more fulfilling?

What is something you've dreamed of doing?

What would you like to occur during your lifetime (personally or professionally) so that you will have considered your life well-lived with few or no regrets?

Your Career

What is going well in your job search or overall career development so far? What is going less well?

What did you enjoy most in your past jobs?

What did you enjoy least in your past jobs?

What are the things in your personal or professional life that you're most proud of?

What does career success mean to you?

You

What do you consider to be your natural strengths?

What is a strength that might not be innate, but which you've developed over the years, and are proud of?

What other gifts or talents do you have?

In what types of situations are you at your best?

What motivates you or gives you energy?

What drives you crazy?

What behaviors or beliefs could get in the way of you accomplishing your personal or professional goals?

Our Work Together

What tips would you give me, as your coach, about how to best work with you?

What can I say to you when you are stuck that will return you to action?

What else would you like me to know about you?