



PERSONAL PROFILE:

Name:		Company:	
Mailing Address:			
Business Phone:		Home or Cell Phone:	
Email:		Web site:	

YOUR WORK:

Do you manage a team? Yes No

Provide a list of team members and a brief job description of each:

What are your top 3 strengths in your current position?

What three areas would you like most to improve in your job performance?

What do you like most about your current career?

What do you like least about your current career?



How would you describe yourself?

How would your friends describe you?

How would your employees describe you?

YOUR COACHING EXPERIENCE:

Here are ways coaching clients work with me. Which appeal to you? Select all that apply.

- Brainstorming strategies together
- Support, encouragement and validation
- Insight into who you are and your potential
- Painting a vision of what you can become or accomplish
- Exploring and removing blocks and obstacles to your success
- Accountability; checking up on goals
- Working through self-improvement programs together
- Suggesting or designing action steps

Why are you looking to be coached and what would you like to get out of this experience?

Have you worked with a coach before or a similar one-on-one adult relationship (e.g. tennis coach, piano teacher, therapist)? If yes, what worked well for you and what did not work in the relationship(s)?



What types of approaches discourage you or take away motivation?

Do you enjoy self-assessments and improvement programs? Yes No

What would you like me to do if you get behind on your goals?

How will you know when you are receiving value (i.e. your money's worth) from the coaching process?

YOUR HISTORY:

What is the hardest thing in your life that you have had to overcome?

What would you say have been your 3 greatest accomplishments to date?

Who are or have been your major role models?

What patterns, roadblocks or personal challenges have kept you from attaining your goals in the past?



IMPROVEMENTS:

List improvements you would like to make in the following areas of your life.

Family/home life:	
Financial situation:	
Career or Business life:	
Personal Character:	
Relationships:	
Leisure time:	
Self-care:	



MORE ABOUT YOU:

Are you married?

Do you have children?

Do you take vacations? If so, how regularly?

What do you like to do in your free time or what would you do if you felt that you had free time?

What is your date of birth?

Collections (if you have any):

Hobbies:

Favorite authors, types of books or magazines:

Types of music you enjoy, including favorite artists:

What are you deeply passionate about? How do you envision your life at its best?