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Pre-Coaching Questionnaire

Name _____

Occupation _____

Address _____

Telephone/Mobile _____

Email _____

Date of Birth _____

Marital Status _____

Children _____

As your coach it is important for me to understand how you view the world in general and yourself in particular. Every person has their own unique and personal way of interacting with their surroundings.

These questions will hopefully provide a means for me to understand you and your current position more closely and thus enable me to coach you to bring out your best. Please take some time to answer these questions as thoughtfully and clearly as possible. These questions are designed to be “mulled over” and to stimulate your thinking on items that may in the past been automatic in the past.

If you have any queries please let me know and we can discuss them.

What do you consider to be your greatest accomplishments so far?

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How do you respond when you are in a really challenging situation?

What is it that currently occupies the majority of your time and effort? What do you do during a normal day?

What three steps could you take right now that would make the greatest difference in your life?

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How do you find you are best motivated? Internally? Externally? Both?

What currently brings you the most joy, happiness and fulfilment?

What are your major objectives or gains that you wish to achieve from coaching?

What can I say or do when you are “stuck” that will help you return to action?



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What, if any, expectations do you have of our coaching together?

What else would you like to say?

Thank you for taking the time to complete the pre-coaching questionnaire

Please email the questionnaire to Darren@forwardperformance.com.au