



Pre-coaching Questionnaire

As your coach, it's important for me to understand to understand what area(s) you want to be coached in and where you are at the moment.

Please answer the questions below and return this to me on thinklifecoach@gmail.com at least 24 hours before our first session.

1. What topic/area would you like to be coached on?

2. What are the main challenges that you face in this area?

3. What successes have you had so far in this area?

4. What resources do you have to support you in this area?

5. What was your most recent success?

6. What do you see as your greatest strengths?

7. What is your proudest achievement?

8. If you had to sum yourself up in one word, what would that word be?

9. What is your guilty pleasure?

10. What advice would you give me as your coach to help me work with you?