

Consultation Questionnaire

What are the 3 biggest changes you want to make in your life over the next 5 years?	
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What 3 goals do you want to achieve within the next 3 months?	
If anything was possible what would you wish for?	
What have been your 3 greatest successes to date?	
What is the greatest challenge you have had to overcome?	
What major changes have you been faced with over the last couple of years?	
What is most important to you in your life and why?	
Who are most important to you in your life – what do they provide you with?	
Is your life one of your choosing? If not, who is choosing it for you?	
On a scale of 1 -10 how happy are you with your life right now? What are the things that make you happy?	
On a scale of 1-10 how motivated are you in your work/personal life? What motivates you?	
On a scale of 1 -10 how stressed do you feel right now – what are your key stressors?	

COACH

Joe Mendoza

List 5 things that you feel you are 'putting up with' right now?	
What would you like your coach to do if you struggle with your goals?	
How will you know when you are receiving value from the coaching process?	
What approaches motivate/demotivate you?	
What would you like from your coach during your sessions: (score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important)	
Gaining clarity of issues	
Understanding what is important /what motivates me	
Exploring and understanding what is holding me back	
Gaining an insight into who I am, my strengths, capabilities and potential	
Providing encouragement and support	
Helping define goals	
Helping to identify action and next steps	
Challenging you with difficult questions	
Providing honest and direct feedback	
Making you accountable for your goals	