



Signature Strategies, Inc.
Coach / Consulting Questionnaire

Name _____

Business Name: _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Phone (day) _____ Phone (evening) _____

Cell _____

Congratulations on taking this very important step in your profession and your life!

This questionnaire contains some powerful questions for you to consider before your Coaching Discovery Session. This tool is meant to empower you to think clearly, become intentional and allow yourself the privilege to look for the answers. Think about what you wish to achieve through Coaching, what limitations and/or challenges you're currently living with, and how you can move forward into the life and business you desire.

To make the most of this session, I invite you to find 45 min to 1 hour where you can have an appointment with yourself, uninterrupted. Find an environment that is relaxing, pleasing and allows you to be at your best, 100% focused on yourself. Give yourself the gift of time. Allow your answers to come from your whole engaged being.

Use this tool anyway you would like. Take some time to ponder the questions, answering all the questions or choosing not to.

I hope that you will make a choice to be open to all possibilities.

Scope of Business:

Please outline your Profession and brief description of your Business:

Business Name: _____

Professional Services:

Business Mission Statement:

What is the most challenging obstacle you have had to overcome in your business thus far?
How did you overcome it?

What has been your biggest success in your business thus far? How did you achieve it?

What are the biggest obstacles you are currently facing?

Where do you see business in 12 Months' time?

What is your approach to new business/client development?

Goals and Aspirations:

What 3 changes do you most want to make in your business & life?

1.

2.

3.

What do you most want to achieve?

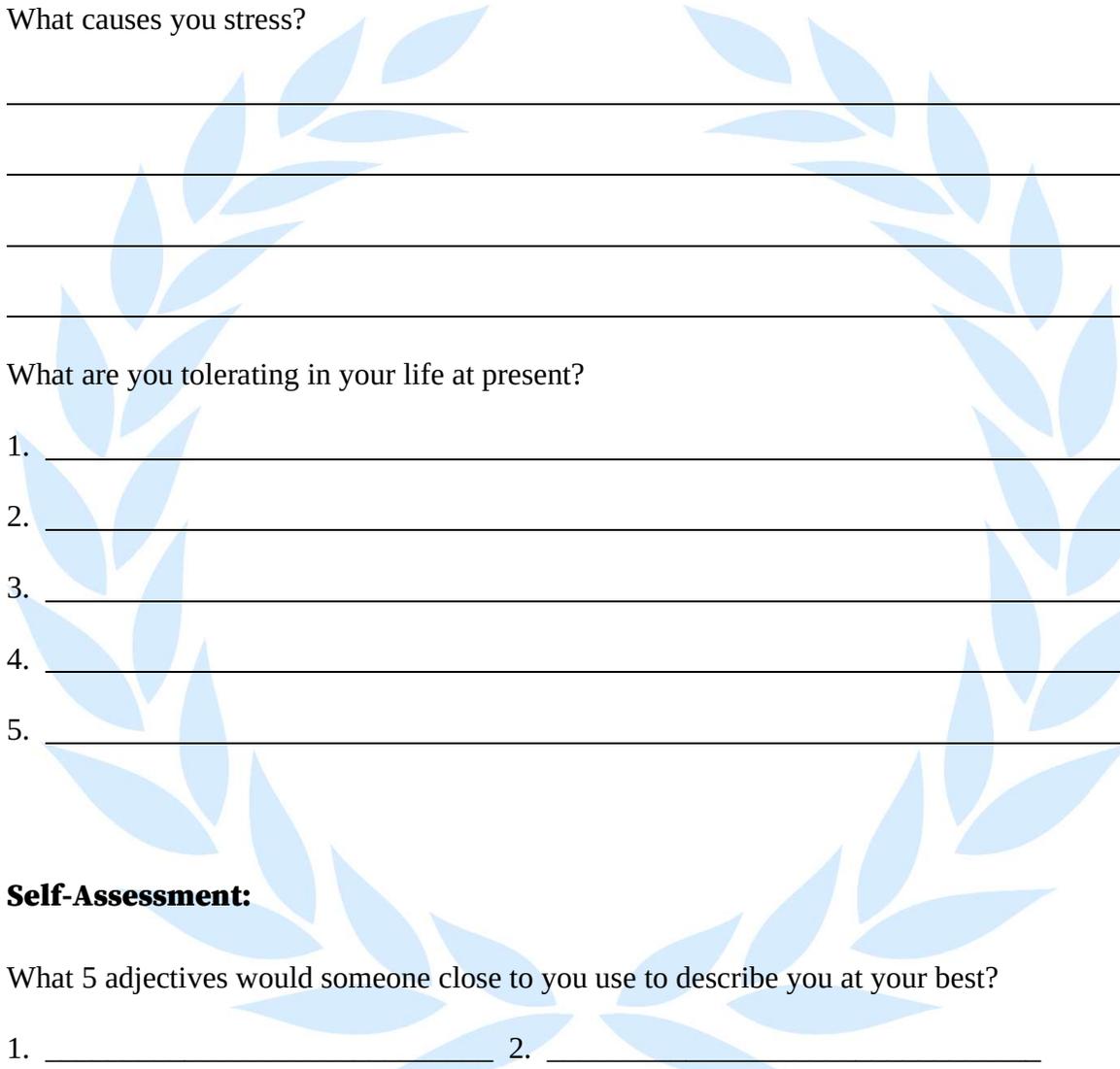
What major changes have you experienced in the past two years? (ie..change of job, a new role, change in residence etc.)

Life:

On a scale of 1 – 10 (10 high), how fulfilled are you with the choices you've made in the last 6 months? _____

On a scale of 1-10 (10 high), how much stress is in your life right now? _____

What causes you stress?



What are you tolerating in your life at present?

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Assessment:

What 5 adjectives would someone close to you use to describe you at your best?

1. _____ 2. _____
3. _____ 4. _____
5. _____

How would they describe you at your worst?

1. _____ 2. _____
3. _____ 4. _____

5. _____

What three adjectives would you use to describe yourself at your best?

1. _____ 2. _____

3. _____

At your worst?

1. _____ 2. _____

3. _____

Impact and Influence:

What is your professional business success vision?

Describe your endeavors to positively impact the individuals and communities you serve?

What are your key motivators?

On a scale of 1-10 (10 high), how would you rate your sense of meaning and fulfillment of your life today. _____

Define 3 objectives that would create meaningful impact and freedom in your life:

Coaching Experience:

As an adult, have you worked in one-on-one relationship (e.g., tennis coach, piano teacher, and therapist)? _____

If yes, what worked well for you? What did not work well?

Describe how your Coaching experience would best serve you?

In a few words, explain what your desired outcome from a Coaching Partnership would be?

Congratulations and thank you for thoughtful consideration in your responses.

I look forward to the opportunity to work with you in your endeavor to achieve your own
définition of success and fulfillment.

The adventure begins !