

Participant's Pre-Contact Worksheet for Coaching

Pleas	se complete this questionnaire prior to setting up your first meeting with your Coach.		
Name	e:		
Firm	Name:		
Emai	I Address:		
Firm	website (if applicable):		
Telephone:			
	e questions are designed to help you identify your current state and your desired future. Please take the time to complete all the questions as best you can.		
1.	Think about your vision for the future. What goal(s) do you want to achieve through coaching? (e.g., generate more business/billable hours by end of next year).		
2.	What are you most excited about as you consider opportunities in your future?		
3.	What are your most pressing challenges?		

4.	What specifically do you want to work on through coaching?	
5a.	How motivated are you to bring about change in your personal and/or professional life?	
	1 2 3 4 5 Not Motivated Very Motivated	
5b. the	If you did not select a ' 5 - Very Motivated ' for question 5a, please <i>explain</i> by answering question, "What is impacting your motivation to bring about the change you want?"	
6.	How will you know that the coaching referral engagement has been successful? What does that look like?	
7.	What do you feel are your greatest strengths? (e.g., non-judgmental, organizational skills,	
	kindness and generosity). List a minimum of three strengths.	
8.	What could get in the way of achieving your goal(s)? (e.g., self-doubt).	