



Hawkeen.com

coaching awareness

INTAKE SESSION QUESTIONNAIRE

Personal

1. If anything was possible what might you wish for? Is there anything missing in order for you to achieve this?
2. Who or what is most important to you in your life and what does that provide you with?
3. What are the 3 biggest changes you want to make in your life over the next 3 years?
4. What 3 goals do you want to achieve within the next 3 months?
5. What have been your 3 greatest successes to date?
6. What is the greatest challenge you have had to overcome? What strengths did you discover?
7. What major changes have you been faced with over the last couple of years?
8. Is your life one of your choosing? If not who is choosing it for you?
9. What are the greatest lessons you have learned in life?
10. What unique abilities and strengths do you have?
11. What motivates you? On a scale of 1-10 how motivated are you in your personal life?
12. What stresses you out? On a scale of 1 -10 how stressed do you feel right now?
13. List 5 things that you feel you are 'just putting up with at the moment?
14. Are you lucky?
15. List 3 things you don't normally tell people and may be useful for me to know?
16. What will you see, hear and feel when you get what you want from this coaching process?
17. In a typical week what do you spend most of your time doing?
18. In your leisure time what do you like doing?

Role Models

19. Who have been your major role models?
20. What did they give you?

Business

21. What do you want in your professional life?
22. What parts of your business life do you enjoy the most?
23. On a scale of 1-10 how motivated are you in your work?
24. What 3 things, if any, are getting in the way of the next level of your success?
25. Are there any opportunities you are currently not making the most of?
26. What do you need to change in order to meet your goals?

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List the areas where you may want to make change. Make your own list

Here are some suggestions to get you started:-

- Family
- Money
- Family
- Money
- Career
- Relationships
- Friends
- Living Space
- Personal Growth
- Health
- Creativity
- Play

This is for my guidance

Have you worked with a coach before or a similar one-on-one adult relationship (sports coach, music teacher, or therapist? If so, what worked well for you and what did not work in the relationship(s)?

What do you expect to achieve as a result of working with me as a coach?

What supports you if you get behind on your goals?

What would you like from your coach during your sessions? Here are some ways of coaching clients. Which ones appeal to you? Score on a scale of 1 -10

Where 1 is not at all important and 10 is extremely important, grade these:

- Gaining clarity of issues
- Understanding what is important and what motivates me
- Exploring and understanding blocks or obstacles to your success
- Gaining an insight into who I am, my strengths, capabilities and potential
- Providing encouragement, support & validation
- Brainstorming strategies together
- Helping to identify action and next steps
- Challenging you with difficult questions
- Providing honest and direct feedback
- Making you accountable for your goals
- Gaining clarity of issues