

Pre-Coaching Assessment Questionnaire

Question #1: What is one major challenge or crisis that you have successfully overcome?

Question #2: What is one major success or achievement that you are proud of?

Question #3: What are your qualifications/educational background?

Question #4: What do you love to do in your free time?

Question #5: What are some words you'd use to describe yourself?

Question #6: What are your 3 biggest strengths?

Question #7: What do you believe are your 3 biggest weaknesses?

Question #8: What are 3 big fears that you have?

Question #9: What is your favorite way to learn? (reading, watching a video, listening to audio or a combination of all 3)

Question #10: What is creating feelings of anxiety and stress in your life right now, if any? Name 3 to 5 stressful elements.

Question #11: What would make our time together absolutely powerful, fulfilling and effective for you?