Pre-Coaching Questionnaire

In Confidence

Please set aside some time to consider thoroughly these questions and return them to your coach via email, at least 48 hours prior to your initial session.

Name: **Date:**

Job Title:

WORK

1) What would you like to accomplish during your career?

2) What words describe how you feel about your career?

3) What aspects of your work motivate you or give you energy?

4) Tell me three to five aspects of your work that you are most proud of:

5) What has been your biggest disappointment?

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6) What are your key job goals?

7) What are the key issues about you and your performance that you want to work on and address in achieving your goals?

8) What challenge(s) are you facing, perhaps that the Leadership Programme has highlighted, that you would like to work on in the coaching sessions?

9) What change do you need to make to become a leader who puts their head above the parapet and makes change happen?

10) What is the compliment or acknowledgement that you hear most often about yourself?

11) What are your learning goals for the programme?

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PERSONAL

1) What do you contribute that is unique?

2) What special knowledge do you have?

3) What do you believe in?

4) What behaviours or beliefs do you hold that help you to achieve success?

5) What behaviours do you have that stand in the way of achieving success?

6) What do you do when you are really up against a barrier or obstacle?

7) What activities have meaning and spirit for you?

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Take a moment to read through what you have written:

What two steps could you take immediately that would make the greatest difference in your current situation?

1)

2)

Can you identify the main areas you would like these coaching sessions to focus on?