



COACHING DISCOVERY CALL QUESTIONNAIRE



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Coaching discovery call questionnaire

What coaching is and isn't

- Coaching is a relationship between the coach and client to help the client to create the life they desire.
- Coaching holds you accountable to make the changes.
- Coaching doesn't necessarily show you anything new, we usually know what we need to do but it can give you a different perspective and help you see things in a different light.

My philosophy

Working with me you will feel inspired, improve your confidence and find empathy with others. I work intuitively to guide you through our sessions and get you moving on the next part of your journey.

What to expect

Ups & downs – (we need the downs for growth)

I will:

- Get tough with you
- Challenge you and ask you difficult questions
- Give you homework

I may:

- Interrupt you
- Repeat what you say

You will need to:

- Be willing and ready to make the change
- Want to improve your life
- Put in the hard work

Coaching discovery call questionnaire

1. How are you feeling right now?	
2. What is your main reason for engaging a coach?	
3. What is the biggest challenge you are currently facing?	
4. What are your strengths?	
5. What are your weaknesses?	
6. What are you grateful for?	
7. If you could change 3 things in your life, what would they be?	
8. What are your top 3 goals currently?	
9. What is your vision?	
10. What do you enjoy doing?	
11. What specifically do you want from me as your coach?	
12. What is your desired outcome from these sessions?	
13. What is your learning style?	
14. Any other comments or queries?	
15. How did you hear about me?	