

Coaching QUESTIONNAIRE

Please complete the below question set in order for me to understand whether this is the right time for you to commence coaching

	YES	NO
Are you keen to make a positive change to your life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an idea of what goals you wish to achieve?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prepared to change your mindset?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel like you need help with making change in your life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have coping mechanisms for challenging situations?	<input type="checkbox"/>	<input type="checkbox"/>
Are you motivated each and every day?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel unsure about the direction your life is taking?	<input type="checkbox"/>	<input type="checkbox"/>
Are you facing any current life obstacles?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a support network?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a support network to keep you accountable?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prepared to put in hard work to reach your goals?	<input type="checkbox"/>	<input type="checkbox"/>

Please provide any other information you feel is useful: