

Preliminary questionnaire for coaching

Hello and welcome!

I am delighted that you are interested in a coaching session with me.

I need some information from you so that I can check whether you would really be best served by coaching with me. I would therefore ask you to take some time to answer the following questions and let me know what is important to you and where you would like to see change. You are welcome to simply write down what is on your mind and what seems important to you.

Your answers will help me to better understand how you experience your current situation and what you hope to gain from coaching support. And thinking about the questions will most likely also do you good and probably bring you a little more clarity.

If, after reading through your answers, I come to the conclusion that someone else (e.g. another coach or a consultant) or something else (e.g. a seminar or a book) could support you better with your topic than I could, I will a) of course endeavor to give you an appropriate recommendation and b) delete this document immediately.

Before you start:

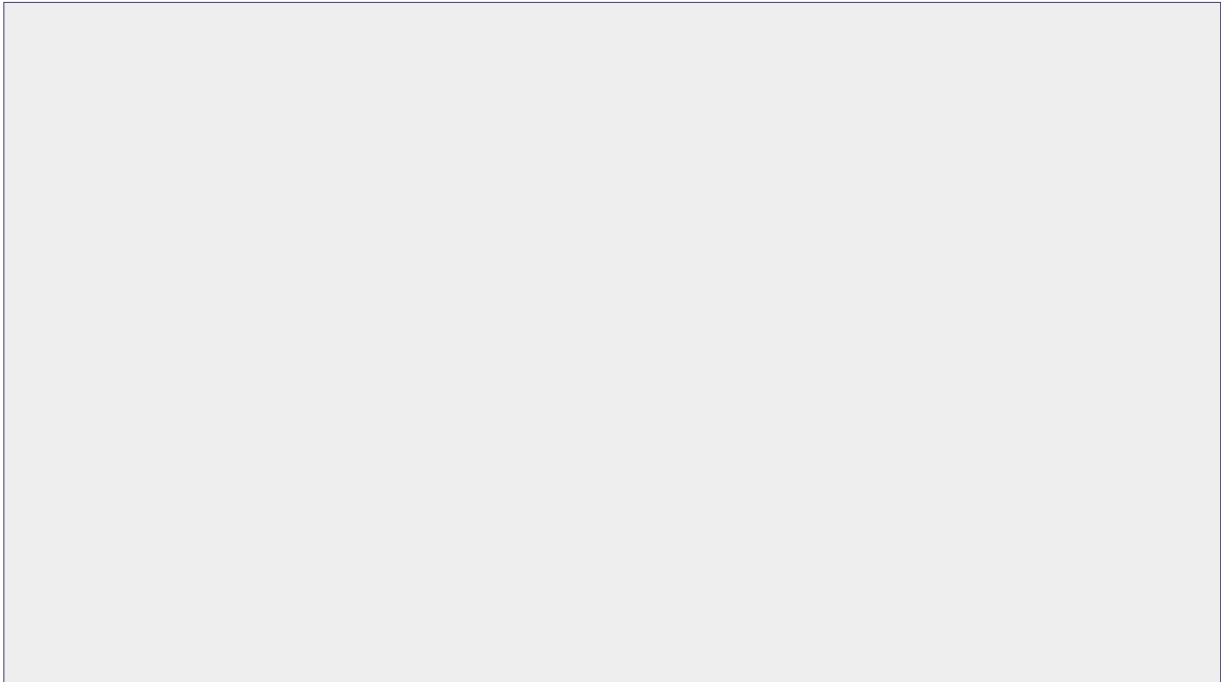
To use this DIGITALLY FILLABLE template, please enter your answers in the appropriate fields. Please remember to click on "save" when you have finished. You can then open this PDF again later and add to or change your answers at any time. Just make sure you save it after making your changes.

As soon as you have finished and would like to share the questionnaire with me, please send the completed PDF with your answers by e-mail to: silvia@richter-kaupp.de

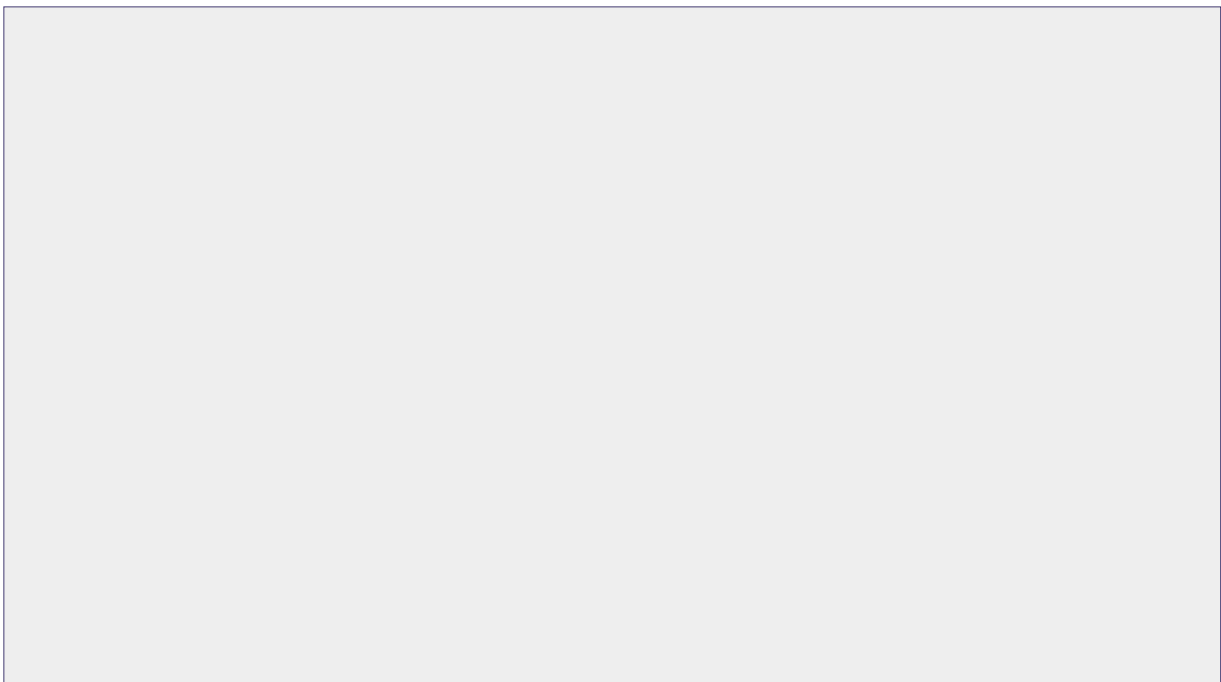
Thank you very much!

My initial situation and hopes for the coaching

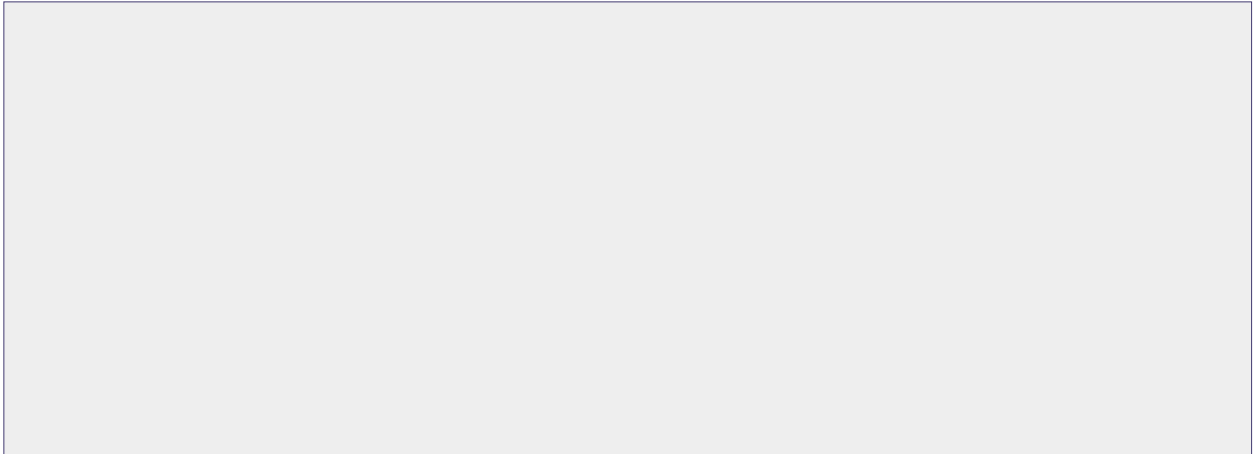
1. The topic I would like to talk about in the coaching sessions:



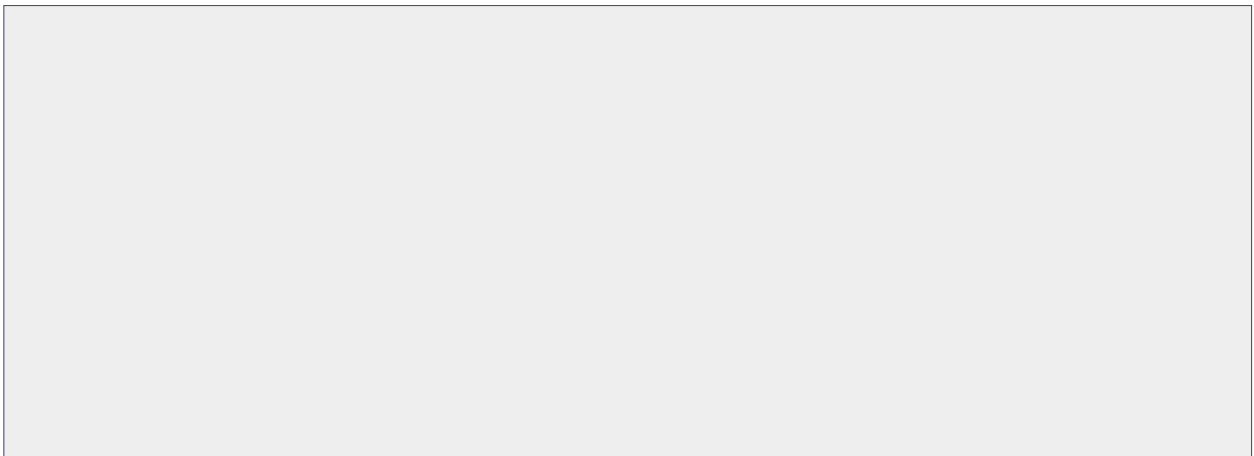
2. The challenge that I would like to master better with the help of coaching:



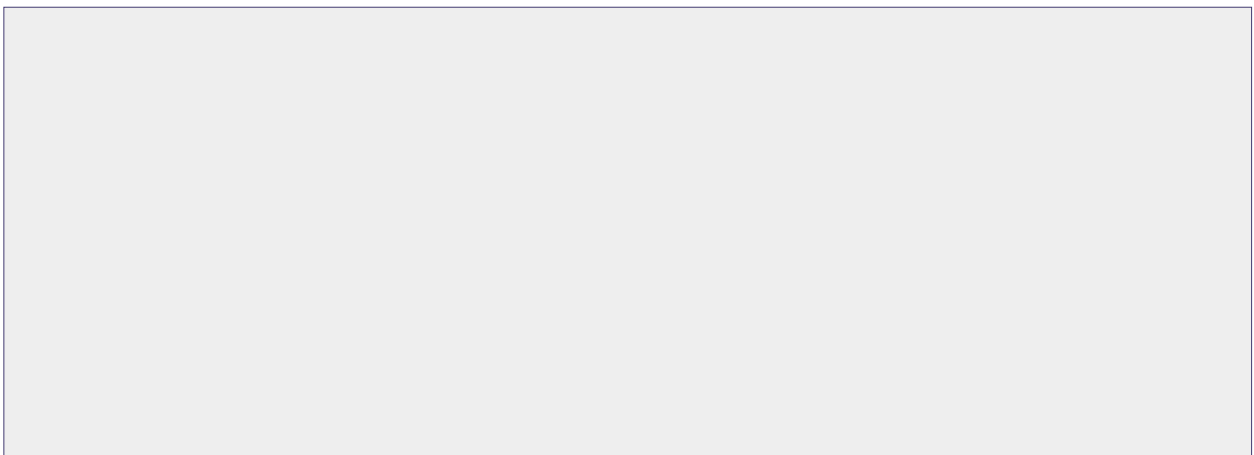
3. The problem I want to overcome with the help of coaching:



4. My explanation for the cause of this problem:



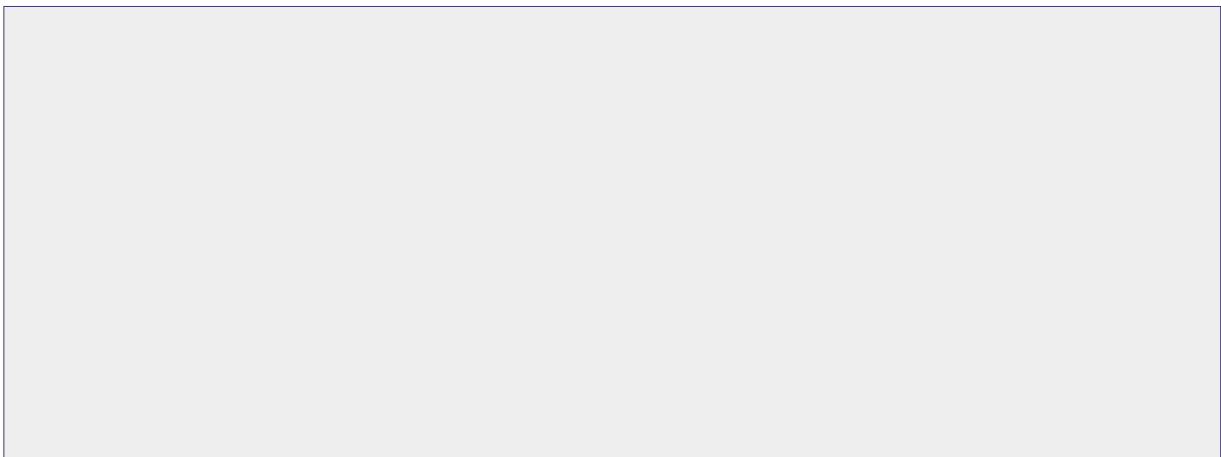
5. What I have already done to solve the problem:



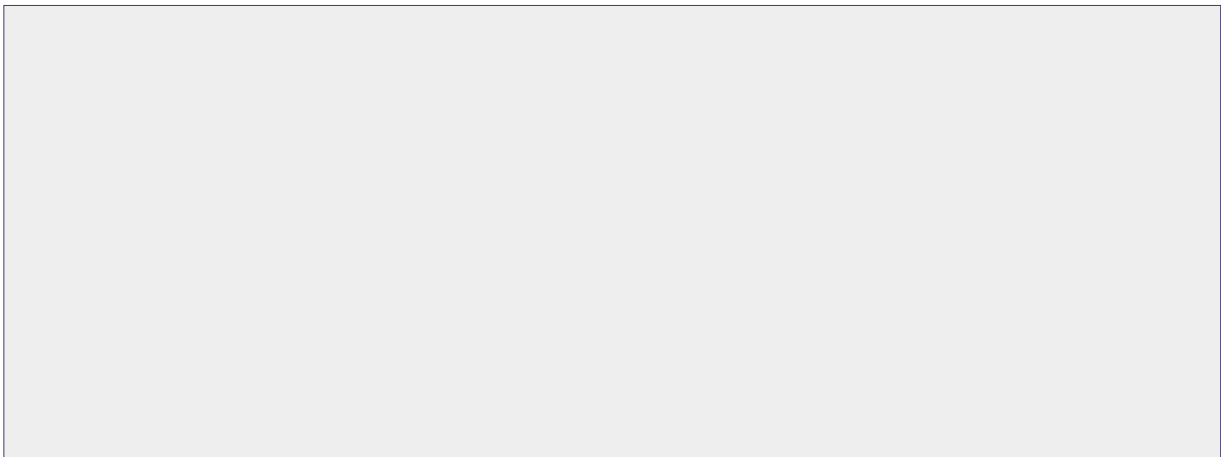
6. Why I want to tackle the problem right now:



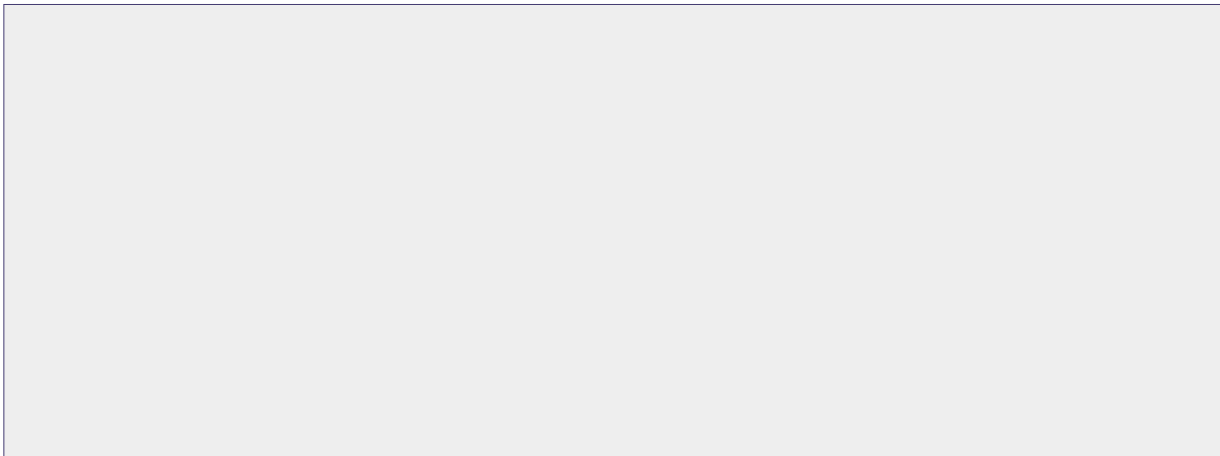
7. The reason I would like coaching support is:



8. What I specifically hope to gain from the coaching-sessions:



9. What would happen if I didn't achieve this goal:



10. How the coaching-sessions should ideally take place:

