

## **NEW CLIENT PROFILE**

As your personal life coach it is important for me to understand how you view the world in general and yourself in particular. Every person has their own unique and personal way of interacting with their surroundings.

These questions will provide a means for me to understand you and your current position more closely and thus enable me to coach you to bring out your best. Please take some time to answer these questions as thoughtfully and clearly as possible. Please return this client profile once completed before your first session. Have fun! 😊

If you have any queries please phone 0401887766 so we can discuss them.

**Name**

**Telephone**

**Mobile**

**Email**

What is it that currently occupies the majority of your time and effort?

What do you do during a normal day?

What skills or knowledge are you developing?

What do you consider to be your greatest accomplishments so far?

What activities have meaning and heart for you?

Do you know your preferred style of learning? If so, what is it?

How do you find you are best motivated?

What do you believe to be your most important values? Do you believe you are living congruently with these values?

How do you respond when you are in a really challenging situation?

If you could change some aspects of your situation what would you choose to change?

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

What are your top 5 goals, either short or long term at the moment?

What are your top 5 challenges at the moment?

What are your major objectives or gains that you wish to achieve from coaching?

What can I say or do when you are “stuck” that will help you return to action?

How do you want me to be as your own personal coach?

What do you need to believe for coaching to have the biggest impact on your life?

What, if any, expectations do you have of our coaching together?

What else would you like to say?