**AWAKE YOURSELF COACHING**

**AWAKE – ARISE – WALK**

Life Coaching, Leadership and Training

**Client Questionnaire**

*Take some time to answer the following questions. The better I know you, your situation, and your expectations, the better I can help you.*

***General***

|  |  |
| --- | --- |
| **Name:** | **Date:** |
| **Phone Number:** | **Email:** |

How did you hear about us?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship & family situation: marital status / relationship history, number of children, etc: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Career & work situation: role / business / education, etc. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Personal information: DOB, birth order, etc. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Motivation***

Are you doing this coaching on your own accord or is someone else involved? (e.g., employer, partner)

Why is now the right time for a coaching? (flash-point, reason, cause, pressure, wish)

What have been the key factors that made you decide to start a coaching? Are they internal or external?

*internal: e*.g., Wish for improvement, change, development

*external:* e.g., Changing circumstances or pressure from outside, from other people

Are you committed to the sessions and the homework and the challenges necessary to change your mindset and situation?

***Health and Well-being***

Do you have any current or recent addictions to: smoking, food, alcohol, adrenaline, drugs?

Are you on any medication?

Have you got anything big ‘on your plate’ at present? Is there anything you are dealing with now (e.g., a bereavement) which may mean it's not the right time to make major life change?

What is the state of your current and recent physical health? Excellent / Good / Poor

Are you happy with your health? Yes / It is OK / No

How do you see your current and recent state of mental health? Excellent / Good / Poor

Any signs of depression? Yes / Occasional / No

How are your energy levels out of 10? 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

Do you feel burnt out? Yes / Sometimes / No

Do you have good sleep and for long enough? Yes / Sometimes / No

Do you usually eat healthily? Yes / Sometimes / No

Do you drink water frequently? Yes / Sometimes / No

Time Management: Do you always run out of time? Yes / Sometimes / No

***Additional information***

Are there any circumstances that could imapct the coaching process, for example a job change, move, divorce, separation, or other goals?