



Initial Coaching Interview Questions

Please complete the following questions to help us begin the coaching process

1. Tell me about yourself
 - a. work history
 - b. family
 - c. important relationships
 - d. interests and hobbies
2. What do you see as your personal mission in life? How does your current situation align with it?
3. What are your top 3 to 5 strengths? (personally and/or professionally)
4. Have you done any self-assessment tests? (Strengthfinder, DiSC, Myers-Briggs, MMPI, etc?)
5. If so, what key things did you learn from those assessments?
6. What do you see as your greatest challenge (or two) over the next 6 to 12 months?

7. Review the life balance wheel below. The center represents "0" or no satisfaction. The edges, up to "10" represent complete satisfaction. Score or shade the area that represents your current level of satisfaction in each of these life areas.

