Background Questionnaire

As your coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Could you please answer each of the questions below as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive. This may take you several hours or days to compose your responses to these questions so please feel free to keep revisiting your responses.

1. What is your greatest memory?
2. What do you consider to be your major achievements?
3. If there were a secret passion in your life, what would it be?
4. What's missing in your life? What would make your life more fulfilling?

5. What do you like to do to relax?

6. What motivates you to go the extra mile?

7. What are some of the current priorities in your life at the moment?

8. What concerns/challenges have taken most of your attention in the last 12 months?

9. Looking forward, if we were to meet in 3 years' time, what would need to have happened for you to feel happy with your progress?

10. What are your personal and professional strengths?