



DEVELOPING CONSCIOUS LEADERS

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## INDIVIDUAL COACHING QUESTIONNAIRE

Coaching is inherently a relationship, so we look for five criteria before accepting client applicants.

Please answer the following questions, which will help us prepare for our initial meeting. Your answers will help us determine if you would be the right fit for Hodges Coaching.

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1. In what areas of your life are you looking for personal growth, and why?

2. In what ways are you looking to grow professionally?

3. Who are the most difficult people in your life, and how have you tried to manage these relationships?

4. If you could make one change in your life, what would it be, and what is getting in the way of making that change?

5. Look at your answers above. Imagine it's a year from now. If you were to grow personally, professionally, improve your difficult relationships, and make your identified change, what would that do for you?