



## Example Client Questionnaire (2)

*Coaching with the Your Life Your Way Coaching Methodology™ & Personality & Needs Profile®*

Man, Mid 40's, CFO International Organisation

\* If you had to chose between one of these, which would it be: Freedom or Stability. Which ONE do you desire the most? Write either Freedom or Stability in the box below. **Freedom**

\* Rate your overall life satisfaction from 1 (low) to 10 (high). **3**

\* **USE AT LEAST 30 WORDS:** In what area of your life are you feeling most "stuck", "overwhelmed" or "frustrated"? Overwhelmed, too busy, unhappy, depressed, pulled in different directions, too many priorities, lack of smiles, times of happiness, lonely, single, myself, alone, unpassionate, lacking drive, boring, adventureless.

\* **LIST 3 of your top talents with a DESCRIPTION FOR EACH IN AT LEAST 10 WORDS** for how do you use that talent. Listening: I use my listening skills to gain a strong understanding of others  
Leadership: I am able to use my personality and understanding of other people for them to join me on my journey. Analytical: I am able to break down numbers to gain an understanding of the situation.

\* **EXPLAIN IN 30 WORDS:** What is the one thing you are really proud about in life and why?

I am proud of the work I have completed to get my CMA designation. Less than 20% of people are able to get that designation and I was able to get it on my first attempt in less time than the average (2.5 years vs 7 years)

\* **DESCRIBE IN 20 WORDS:** What is the number one challenge that if it could be solved would make the biggest change in your personal or professional life? I have many priorities right now and I have difficulty to understand what is the top priority I should be working on for myself so I am able to move forward in a productive and happy way.

\* **DESCRIBE IN 20 WORDS:** Which 3 things would you do if time or money were not an issue and why? Three things I would do if money and time where not an issue would be to travel more around the world to learn about different cultures, purchase a new car, and completely renovate my home so it is better for me.

\* **EXPLAIN IN 20 WORDS:** Is there an area of your life in which you feel you can't make it, that you must compromise or adapt to what others want? This could also be an area in which you feel influenced by people, circumstances, "systems" that are out of your control. I love to help people and because of that, I am constantly asked to help people which can take my time away from me and the things I need to do for myself.

\* **DESCRIBE IN 20 WORDS:** What does a great relationship look like to you? What do you give to the relationships (intimate-family-friendship-work) to make it that way. A great relationship is open and transparent between

the people. Nobody has nothing to hide and people are open to communicate between themselves on a constant basis. I am a strong listener while in relationship and I give a lot of attention to the other person.

\* How do you feel when a relationship is not going well? Describe this in a "cause & effect" way. EXAMPLE: "The other person does X and then I do Y." Or "I do X and the other person does Y." **If a relationship is not going well, it is because there is a lack of communication. In general, it seems that I communicate something to someone and they tend to do the opposite.**

\* EXPLAIN IN 20 WORDS: Why are you in the career you are right now (or studying that field)? Do you feel it is the "best fit" for who you are and what you want in life? **I am in the career that I am in because I love to help people with the experience I have gotten from my past corporate career. I want to see people become successful and not have to kill themselves to do it.**

\* DESCRIBE IN 20 WORDS: What does your "ideal" career looks like. What are you doing on your "perfect" day that brings you the most satisfaction? **My ideal career would be to be a professional athlete where I go to the arena to either play a game or prepare for a future game.**

\* How often do you think your work is "not going well", that you don't have enough time or resources to realize what you wish? How do you feel? How long does that thought-emotion last? How do you react? **I find that it is often to a lot of the time that my work is not going well due to the lack of time that I have. When that happens to me, I take myself away from the work, take a breath, decide on one task to do, and I start to do the different tasks.**

\* DESCRIBE in 20 WORDS: What is your Purpose or "Reason to Be"? You might explain it in a more "spiritual way" or describe the contribution you wish to leave the society in a "practical way". **My purpose is to help people find the potential in them and in their business so they can move forward in a profitable and sustainable manner.**

\* LIST 3 words that your relatives, friends and colleagues use to describe you. They can be "compliments" or even "criticisms". THEN WRITE HOW THESE MAKE YOU FEEL? **Funny - which makes me feel good, Kind - which makes me happy, and Professional - which can make me think that I am boring at times.**

\* To live more of your greater potential, what is the first thing you must START doing now? **Get much better at organizing myself, my space, and my time.**

\* To live more of your greater potential, what is the first thing you must STOP doing now? **Stop procrastinating things that are small.**

\* List the operations you have had. Include if there any current or past issues that concern you? i.e. illness, failure, loss of a loved one, miscarriage etc.

**I was sexually abused as a child for 5 years.**