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Pre coaching questionnaire

Coachee:

Please complete and bring to the first session, Thank you.

1. What do you most want to get out of your Leadership coaching session?
2. What is your motivation for having leadership coaching?
3. How would things be different for you if the leadership coaching was effective?
4. What would be the benefits to you if you achieved your goals from the coaching?
5. Who would be most likely to notice that you had achieved your goals?



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6. What would they notice if the coaching were successful?

7. What would you have done in the sessions to help you achieve your goals?

8. What kind of support would you have obtained from the coach that would have made the coaching effective for you?

9. Any additional points

What would you say was your preferred Learning style : (pick one or more from the list below)

Activist:

Reflector:

Theorist:

Pragmatist:



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What is your preferred sensory learning tool: (pick one or more from the list below)

Visual

Auditory

Smell

Sensual

Taste