

Pre-Coaching Questionnaire

Awardee Name: _____

Phone: _____

Email: _____

Please answer the following questions as honestly as you can. The consultant, Amy Bloustine, will review your responses to learn how best to support you throughout your coaching engagement. Once complete, please email the form to the Artist Services Manager, Brittni Collins (brittni@creative-capital.org).

1. What do you consider to be your great accomplishments?

2. What's the hardest thing that you've had to overcome? How did you do it?

3. How do you learn best? Please share some examples.

4. What are your top 3 stressors? List more if necessary.

5. List five adjectives to best describe you.

- 6. How will you know when you are receiving value from the coaching process?**

- 7. How ready are you to take the next steps necessary to move forward?**

- 8. What do you feel could discourage you or detract from your motivation?**

- 9. What do you hope to gain from the coaching session?**

- 10. What goals, aspirations, desires, or intentions do you want to accomplish in life coaching?**

Please share anything else that you think might help the coaching process.