

## Getting Started Questionnaire



Christian Coaching is more effective and efficient if you can give the coach some information about yourself at the beginning. **This is confidential information, and you are free to skip any of the questions.** The more you complete, however, the better I will know you and be able to provide a valuable coaching experience. Your answers may change as we work together. You can complete this online and **return it by email at least 3 days before our first session** to [barbara@clergy lifecoaching.com](mailto:barbara@clergy lifecoaching.com).

Please email to me a brief life story or give whatever background you wish.

Are you now or have you ever been in counseling or therapy? Yes  No

If yes, please explain:

Have you ever been coached before? If so, describe your experience with coaching.

What influenced your decision to work with a coach now?

Where are you now? What's going on in your life personally, professionally, financially, and spiritually?

Please identify what areas of your life are causing you the greatest concern or are the most out of balance?

Where do you want to be? What are your goals and dreams? Where do you want to be personally, professionally, financially, and spiritually?

What's holding you back? What are the roadblocks and obstacles that have kept/are keeping you from reaching your goals?

How could a coach help? What kind of help do you actually need that would make all the difference for you to get from where you are now to where you want to be?

What's missing in your life? What would make your life more fulfilling?

List at least three things you're procrastinating on in your life right now – the things that you've been putting off.

What consumes your time that does not benefit you and your growth?

What drains your energy?

What motivates and energizes you?

What are your hobbies/ areas of interest/ passions?

If there were a secret passion or a lifelong dream in your life, what would it be?

What dream(s) have you given up on?

List three things/experiences that you like best about your life right now.

How would you like your life to be different one year from now? Be Specific.

Describe your ideal life 5 years from today.

What specific goals and desires do you have for our coaching relationship?

How will attaining those impact your life?

What has prevented you from accomplishing these goals/desires in the past?

Where do you want to focus first?

How do you learn best? By listening, reading, visually, having a demonstration, following step by step instructions, being challenged to find a solution yourself, by inquiry (being asked significant questions to think about), query (being asked questions that demand a quick answer/solution), hand holding (having someone by your side through the learning process).

What is most important for you to accomplish, change or create in the next:

30 days?

3 months?

6 months?

Year?

I want to resolve or eliminate the following problems or challenges:

How can I best support you as your coach? (Do you need someone to be accountable to? Gentle encouragement? Strong challenges? Or?)

In what ways might you undermine or sabotage me as your coach?

How will you measure the success of your coaching experience?

Should you be in therapy for some unresolved issues?

Please include any other comments you wish to add or that you want me to know.

**Questions specifically for clergy or other church leaders:**

How long have you been in the ministry?

What is your denominational affiliation/membership?

Are you currently serving at a church or in another ministry? (please list location)

How long have you been here?

Where have you served before and for how long?

Are you a first career or a second career church leader?

What drew you into the ministry?

What were you most looking forward to before you received your first call?

What unexpected challenges did you discover in the ministry?

What are you passionate about in your ministry?

What would you like to be doing more of in your ministry?

In what ways do you sense God might be challenging you, nudging you, or trying to get your attention?