

Client Profile Questionnaire

As your coach it is important for me to understand how you view the world in general and yourself in particular. These questions will hopefully provide a means for me to start to understand you and your current position and enable me to coach you to bring out your best.

These questions are designed to be “mulled over” and to stimulate your thinking on items that may in the past have been automatic. I suggest printing it out and scribbling your thoughts all over the questions over a good cuppa in your favorite chair or café. Enjoy!

If you have any queries please let me know and we can discuss them.

Date: _____

Name: _____

How did you hear about Jodie Cooper: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____ Marital Status: _____

Partners' name: _____ Children: _____

Children's names & ages: _____

Hobbies & Interests: _____

EMPLOYMENT INFORMATION

Position/ Job Role: _____

Employer: _____

Jodie Cooper Pty Ltd

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What is it that currently occupies the majority of your time and effort?

What do you do during a normal day that you really enjoy?

What do you want from your life/career/ business? What do you value most?

How does what you do professionally contribute to achieving your personal goals?

If you could change some aspects of your personal/ professional situation what would you choose to change?

What do you consider to be your greatest accomplishments so far?

How do you respond when you are in a really challenging situation?

GOALS

What are your top 5 goals, either short or long term, at the moment?

Rate the following individual areas of your life from 1 (poor) to 10 (exceptional)

** Simply rate each area individually on how it is currently. (Not how you would like it to be or the importance of it.)
For example you may have more than one area rated 6, or none rated 1.

- ___ Career
- ___ Money & Financial situation
- ___ Health & Physical fitness
- ___ Friends & family
- ___ Significant other (life partner)
- ___ Physical environment (Your home, car, material possessions etc)
- ___ Personal development
- ___ Fun & Recreation
- ___ Spirituality
- ___ General happiness
- ___ Motivation towards goals
- ___ Feeling of being on purpose
- ___ Overall well being

CHALLENGES

What are your top 5 challenges at the moment?

How have you tried to overcome these challenges?

What areas of your life do you feel need the most attention?

_____	_____
_____	_____
_____	_____

COACHING

What are your major objectives that you wish to achieve from coaching?

What can I say or do when you are “stuck” that will help you return to action?

What else would you like to say?

Thank you, I look forward to working with you in creating the Life & or Business you desire.

Please return this either via email (jodie@jodiecooper.com.au) or post (10 Anne St, Warilla, NSW 2528)

Warmest Regards

Jodie Cooper
coach author speaker