

Is Coaching Right for Me?



SPARKNONPROFIT
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**TAKE THIS SHORT QUESTIONNAIRE TO DETERMINE
IF ONE-ON-ONE COACHING IS RIGHT FOR YOU.**

Yes / No

Do you want to make a positive change in your life?

Are you open to changing your perspective?

Do you prefer to be guided toward a new approach
rather than told?

Are you prepared to re-examine and shift some of your
preconceptions?

Have you experienced a significant personal or
professional change in the past year (e.g., career
change, job change, divorce, end of relationship,
promotion, change in family structure)?

Has this change motivated you to examine some of
your thinking, coping mechanisms, and/or strategies
for meeting your goals?

Are you feeling lost and/or unsure about the direction
you want to go in?

Do you need and value an outside perspective on
things?

Are you comfortable with ambiguity?

Are you willing to complete homework outside the
coaching sessions?