

Is Coaching Right for Me?

Use this short questionnaire with your clients to determine if coaching is the right approach for them.

| Question | Yes | No |
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| Do you want to make a positive change in your life? | | |
| Are you open to changing your perspectives? | | |
| Are you looking for a new approach to help reach your goals? | | |
| Do you prefer to be guided towards a new approach rather than told? | | |
| Are you prepared to re-examine and shift some of your preconceptions? | | |
| Have you experienced a significant personal and/or professional change in the past year (i.e., career change, a relationship ending, promotion, change in the family structure). | | |
| Has this change motivated you to examine some of your 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 assistance in planning and/or setting goals? | | |
| Are you comfortable with ambiguity? | | |
| Are you able to complete a lot of the work outside of the sessions? | | |

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