

Coaching Questionnaire: Improving Self Confidence

Thank you for taking advantage of this coaching opportunity. During the course of your Improving Self Confidence Coaching Program (SCCP), you and your **LIFELINE** Coach will create a partnership that will encourage you to discover your place in the world, and enjoy a higher level of personal satisfaction. You will be able to seek ways to develop a lifestyle that will be compatible with your own unique skills, knowledge, personality, and interests. For example, your goals may include the following:

- Improve self knowledge
- Feel good about yourself
- Remove self doubt
- Meet new people and feel confident
- Speak in front of groups

Please answer the following questions and return to your coach within three days.

General Questions

1. How long have you had questions regarding your self-confidence?
2. List your strengths and your weakness in this area.
3. How well do you do when speaking in front of a group?
4. Can you take a compliment?
5. What is one experience that has increased or helped develop your self confidence?
6. Additional information I would like my coach to know about me related to the SCCP.

Improving Self Confidence Goals

1. What goals, aspirations, desires, intentions do you want to accomplish during your SCCP sessions?
2. What do you want to accomplish, change or create in the first 30 days of your SCCP?
3. What do you hope to gain from this SCCP relationship?