

What brings you to Executive Coaching?



ALLISON SPARGO

Purpose of this free audit

The aim of this questionnaire is to assist you in thinking through:

- Your strengths and unique qualities that you bring to the coaching process.**
- What you want from coaching and how you will know whether you have achieved this.**
- What might get in the way of making the most of the coaching process.**

We will discuss your completed questionnaire during a complimentary chemistry meeting to help you to clarify what you want from coaching if you were to embark on a coaching journey with me. Your comments will be kept in the strictest confidence.

If you have any questions about this then do get in touch:

+44 (0)7753 450865

alli@allisonspargo.com

Your details

NAME

ADDRESS

POSTCODE

DAYTIME TELEPHONE NUMBER

EVENING TELEPHONE NUMBER

EMAIL

DATE OF BIRTH

COMPANY/ORGANISATION

YOUR ROLE IN THE BUSINESS

WHO REFERRED YOU TO US?

What do you want to change and/or achieve?

Some coaching clients want to move from negative behaviours towards more positive and constructive ways of behaving and being. To help you to begin to assess where you are now and what you want to change in terms of your behaviours, please complete the following items by putting a cross on the scale 1 to 10 as to where you feel you are.

This is not a psychometric test, there are no right or wrong answers, and you can add any comments about your scores if you wish.

Away from...

Towards...

DOUBT, ANXIOUS, NERVOUS

CALM, CENTERED, RELAXED



COMMENTS:

PESSIMISIM/DEMOTIVATION

OPTIMISIM/ENTHUSIASM



COMMENTS:

FLUCTUATING MOODS

MANAGING YOUR MOOD



COMMENTS:

LOW ENERGY, TIREDNESS

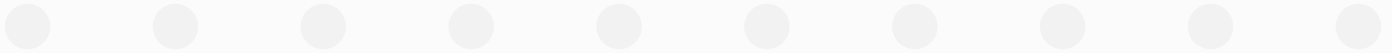
POSITIVE ENERGY



COMMENTS:

LOW SELF-ESTEEM/CONFIDENCE

HIGH SELF-ESTEEM/CONFIDENCE



COMMENTS:

KNOCKED BY OBSTACLES

RESILIENT



COMMENTS:

BEAT SELF UP / BLAME OTHERS

LEARN FROM MISTAKES



COMMENTS:

FIRE FIGHTING

STRATEGIC THINKING & WORKING



COMMENTS:

PASSIVE OR AGGRESSIVE

ASSERTIVE



COMMENTS:

CONFLICT, DISRUPTION

POSITIVE DISSONANCE



COMMENTS:

CRITICISM OF OTHERS

CONSTRUCTIVE FEEDBACK & PRAISE



COMMENTS:

SILO WORKING

TEAM WORKING



COMMENTS:

More about you

WHAT'S MOST IMPORTANT FOR ME TO KNOW ABOUT YOU?

WHAT ARE YOU MOST PASSIONATE ABOUT? WHAT REALLY MATTERS TO YOU?

WHAT IS YOUR WORK AND WHOM DOES YOUR WORK SERVE?

Please list all your current and future stakeholders (those who may benefit from the work you do, directly or indirectly)

IF WE COULD INVITE FIVE TO TEN REPRESENTATIVES OF YOUR CURRENT AND FUTURE STAKEHOLDERS INTO THIS CONVERSATION, WHAT WOULD THEY LIKE YOU TO LEARN FROM WORKING WITH AN EXECUTIVE COACH?

WHAT WOULD BE YOUR SPECIFIC GOALS FOR A COACHING ENGAGEMENT?

WHAT WILL BE DIFFERENT AT THE END OF THIS PROCESS:

FOR YOU?

FOR YOUR TEAM?

FOR YOUR ORGANISATION?

HOW WILL YOU KNOW THAT THE COACHING PROCESS IS WORKING FOR YOU?

HOW WILL YOU MEASURE YOUR SUCCESS?

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