



Rapid Evolution LLC

Strong Start Survey

Please spend the amount of time you find reasonable to answer the following questions, keeping in mind that there are no right or wrong answers. Feel free to not answer any question(s) as you choose. Some of the questions address where you are at this point, and others point toward the future, and what you want to get from coaching and your career more generally. Your responses will help build a strong foundation for our coaching relationship.

Personal Information

Name: _____

Address: _____
Street Address *Apartment/Unit #*

City *State* *ZIP Code*

Phone: () _____ Alternate Phone: () _____

E-mail: _____

Coaching

1. What do you want to be sure to get from the coaching relationship?

2. How do you want me to be as your coach?

3. What do you want to work on with coaching?

4. What two steps could you take immediately that would help you move forward?

5. What can I say to you when you are stuck that will help you move forward?

Your Career

1. What do you want from your career?
2. What are your key career goals?
3. What skills or knowledge are you currently developing?
4. How do your career goals support your personal goals?
5. What do you want to do to support your career goals?
6. What do you need to change to help your career move forward?
7. Tell me about a time when you were operating at your best, a real peak-performance time in your career – or your life.

Personal

1. What do you believe in strongly?
2. What special interests do you have?
3. What do you do when things get stressful?
4. What activities have special meaning for you?
5. Do you have a vision for your life? If so, what is it?
6. Tell me about your family and personal life.