

Situational awareness questionnaire

Why do you want to use the help of a coach/psychologist?

How did you find me?

What personal trait would you like to work on to lead a more successful, harmonious, and happy life?

What change do you wish to achieve?

What will you gain from this change?

How might this be beneficial to others?

What motivated you to take action?

Why is this important to you?

What does self-awareness mean to you?

Have you tried something similar before? Have you participated in any self-awareness, coaching, or perhaps psychotherapy processes in the past?

Have you spoken with another coach (or professional helper) before? If so, what were the positive outcomes? What should have been done differently?

How much effort are you willing to invest in your growth? Beyond coaching sessions, how many hours per week are you willing to dedicate to this?

What do you think my role will be during this process?

Do you suspect that maintaining the changed state will be a challenge at the end of the coaching/helping relationship?

Please send me the answers by e-mail.