



Client Questionnaire for Holistic Coaching or Retreats

What is your motivation for talking with a holistic coach/or for attending a retreat?

What outcome would you like to achieve?

Do you feel that you are ready to start inner work?

Are you willing to attempt any possible assignments given to you for preparation outside of coaching/retreat hours? (eg. particularly where/when there is resistance?)

What is your greatest fear at present/today?

Do you feel any resistance to looking at you / to seeking greater perspective on you and your life? If yes, describe.

Write down 6 significant life events you deem positive and 6 significant life events you deem negative.

Positive:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Negative:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Do you think there is anyone in your life who would be resistant to your making life/inner changes?

How important is it for you that you make changes?

If change does not occur what do you think the consequences will be for you and those close to you?

How would you describe the greatest stressor in your life today?

What do you do (or avoid doing) at present to manage your stress?

What measure of joy and peace of mind do you presently have in your life on a scale of 1-10?

What measure of clarity of purpose and meaning do you currently have on a scale of 1-10?

What is your greatest achievement and the one you are most proud of today?

Is it your belief that you are living the life you are supposed to be living?

If this were the last day of your life, would you be living today as you would like to be living - yes or no? Describe:

What is your public persona (i.e. what do you like people to know / see about you?)

What is your private persona (how does it differ from the one you let other people see?)

Write down 6 assets you like about your character

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Write down 6 short-comings/ things you dislike about your character

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What would a close friend have to say about you? - Describe in their words:

Is there any other information or current medical condition you believe we need to be aware of before we begin - please describe.

Signature.....

Full Name (in capitals).....

Date.....

