|  |
| --- |
| **Designed alliance**  **between the coach and the client** |

*In order to build a strong coaching relationship that will help you achieve your goals faster and to make sure that your specific needs and expectations are met, please take a few minutes to answer the following questions:*

* **What do you want me to do if/when you get stuck during coaching?**

…............................................................................................................

…............................................................................................................…............................................................................................................

* **How do you feel about being challenged during a session?**

…............................................................................................................

…............................................................................................................…............................................................................................................

* **How would you like me to challenge you?**

…............................................................................................................…............................................................................................................…............................................................................................................

* **Do you want personal development exercises in between sessions, as and when or every week on top of your actions?**

…............................................................................................................…............................................................................................................…............................................................................................................

* **Do you want to email me in between sessions?**

…............................................................................................................…............................................................................................................…............................................................................................................

* **How do you feel about note taking? Is it all right for me to take notes while you speak? Are you happy to write down a few things during the coaching session?**

…............................................................................................................…............................................................................................................…............................................................................................................

* **Is there anything else you would like to add to this list or is there anything else you would like me to be aware of before our first session?**

…............................................................................................................…............................................................................................................…............................................................................................................

*Thank you very much for taking time to fill out this questionnaire. This will contribute to make the most out of our coaching sessions together.*

*I look forward to working with you.*

*Best wishes,*

*Thierry*