



Questions to help identify your coaching needs and the best coach for you

Which category covers what you need from the coaching programme? (tick 1 or 2 boxes)

- Assertiveness
- Career
- Communication
- Decisiveness
- Effectiveness
- Fear of failure / perfectionism
- Scheduling
- Self-confidence
- Stress / vitality / work-life balance
- Other, namely

Describe your development point or need in relation to this theme

What grade would you give this currently (1-10)

What will you have achieved if the coaching programme is successful?

Which qualities are you looking for in a coach?

- | | |
|---------------|----------------------|
| Empathic | Development-oriented |
| Patient | Practical |
| Structured | Rational |
| Humorous | Directive |
| Informal | Challenging |
| Body-oriented | Friendly |
| Supportive | Down-to-earth |

Practical points:

How far are you willing to travel?

Face-2-face, online or both?

Which language would you prefer: Dutch or English?