



Sustainable Recovery Inc.

Intervention. Transport. Recovery Management. Reintegration.

New Client Questionnaire

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Coaching Goals

- A. What do you want to work on?
- B. How do you want me to be as your coach?
- C. What do you want to be certain to obtain from the coaching relationship?
- D. What two steps could you take immediately, that would help you move forward?
- E. What can the coach say to you when you are stuck, that will help you move forward?

- What challenges need to be made within yourself, or your life, to help coaching be successful?
- What do you want from your career?
- What projects are you involved with?
- What are your key career goals?
- What skills or knowledge are you interested in developing?
- What do you want to do to support your career goals?
- What do you need to change to help your career move forward?
- What special interests do you have?
- What special knowledge do you have?
- What do you believe in strongly?
- What do you do when things get stressful?
- What activities have special meaning for you?
- What vision do you have for your life?
- Tell me about your family life?

Tell me about significant events in your life:

1. Youth: Age 5 - 10
2. Adolescence: 10 - 15
3. Teen: 15 - 19
4. Young Adult: 20 - 29
5. Adult: 30 - 50
6. Mid-life Adulthood: 50 - 60

7. Later Adulthood: 70 - 90

Are you ready to be coached?

- A. I _____ will keep appointments with myself and my coach: Yes ____ No ____
- B. I will make appointments with myself to work on my coaching homework: Yes ____ No ____
- C. I am willing to stop or change my behaviors that are interfering with my progress in recovery:
Yes ____ No ____
- D. I am willing to try new approaches to help me achieve recovery: Yes ____ No ____
- E. Coaching is an appropriate approach to help me accomplish my goals in recovery: Yes ____ No ____
- F. I acknowledge coaching is not therapy: Yes ____ No ____
- G. I will take regular action to achieve my recovery goals, even if I don't see immediate results:
Yes ____ No ____
- H. I will be open with my coach about what I like or what I don't like about how the coaching is progressing: Yes ____ No ____
- I. I will work collaboratively with my coach to design goals and action steps to move my recovery forward: Yes ____ No ____
- J. I will involve my spouse, family and significant others in my life with my recovery plans and goals, so I receive the support I need from the ones I need the most support from: Yes ____ No ____