**Executive Coaching Background Form**

**Thank you for completing this form and emailing it to** **ben@bensorensenconsulting.com****.**

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Name:

Organization:

Title:

Responsibilities :

Time in Current Role:

Spouse/Significant Other (if applicable):

Children and age (if applicable):

Mailing Address:

Mobile Number:

What do you like doing when not working?

What are your favorite vacation or travel locations?

Have you ever worked with a coach before? Yes **or** No

What are some of your professional strengths?

What are some of your professional areas of opportunity?

What would you like to accomplish during our time working together?

Which of these areas would you like to focus on with a coach?

* Performance Management
* Communication
* Emotional Intelligence
* Change Management
* Executive Presence
* Conflict Resolution
* Resilience
* Other \_\_\_

Which of the following would you describe as primary goals for yourself or your organization?

* Improve Communication
* Increase Leadership Ability
* Build Relationships/Trust
* Reduce Turnover
* Facilitate Career Transition
* Manage Professional Goals
* Other \_\_

How often would you like to meet in person with your coach?

* Twice a month
* Once a month
* Every other month
* I prefer virtual sessions

How often would you like to meet virtually with your coach?

* Weekly
* Twice a month
* Once a month
* I prefer in person sessions

What is the best way to check-in with you?

* Call
* Text
* email

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