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| NEXT GENERATION COACHING & CONSULTING LTD  *Create your world* | Dr Amina Aitsi-Selmi | Director  [amina@doctoramina.com](mailto:amina@doctoramina.com)  Tel: +44 7413 960 717  Skype: doctoramina  [www.doctoramina.com](http://www.doctoramina.com) |

Coaching questionnaire

Please, provide your personal details and answer the coaching questions as fully as possible. Everything documented here and discussed in the coaching conversation is confidential.

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| --- | --- |
| First name |  |
| Last name |  |
| Address |  |
| City |  |
| Postcode |  |
| Email |  |
| Phone |  |
| Skype |  |

1. What do you want to change or improve now?
2. Why is this important to you? What will it give you?
3. Why are you seeking change now?
4. How will you know when you have achieved what you want?
5. What would you most want to get out of a coaching relationship/intensive?

**Balance coaching**

Feeling overwhelmed and no time to stop and think, let alone breathe? We will slow down to see where you’re losing energy, repair boundaries and make sure you’ve got time to fit in all the things that matter to you while putting the spring back in your step.

**Performance coaching**

Need to get a project done and procrastinating? We’ll get you organised and handle fears around failure and success that might be creeping in and sabotaging your progress. We’ll make sure you’re delivering to your highest capability.

**Discovery coaching**

Feeling stuck or unsure about your next steps in work or life but can’t see what else might be possible for you? We’ll explore what’s lying behind the brain fog, and uncover the secret dream waiting to be realised. You’ll get back into action and feel inspired again.

**Executive coaching**

Are you called to make a bigger impact? It can be lonely at the top. We’ll uncover your unique mission, authentic leadership style and amplify it through enhancing self-mastery, communication and presentation. You’ll feel more at ease with responsibility and start seeing shifts in your interactions, towards greater connection and influence.

***You’ve made it to the end! Thank you for completing this questionnaire. Please, send it back to amina@doctoramina.com.***