



Complimentary Consultation Questionnaire

Thank you for your interest in exploring whether we might work together!

The online questionnaire can be found at <https://tapintu.com/services/comp-consult-questionnaire/>

Use this document to think about your responses to the questions, jot down a few notes (or full answers) and then return to the online form to complete and submit. If you prefer, you can also complete this form and then email it to me at scott.mcculloch@tapintu.com.

The purpose of this questionnaire is to let me know what you hope to get from coaching, as well as a little about you and your story. It will help me understand your goals and expectations and give me a starting place for thinking about how I might be able to help you.

Answer all the questions in however much detail you wish.

After you submit this form, I will review it and get back to you by email within 48 hours with some thoughts.

Coaching Goals and Previous Experience

What goal or issue do you want to address for which you think coaching might help?

Why consider coaching _now_? *

If coaching does what you hope, what will be different in your life? *

Have you ever worked with a coach or mentor before? If yes, tell me a little about your previous experience with a coach or mentor.

Let's fill in the picture a little... tell me about *you*.

Gender:

Age:

Education:

If you have college/graduate education, what field(s) did you study?

Tell me a little about your background/upbringing.

Tell me a little about your religious/spiritual background and current perspective.

What are your greatest gifts/talents/strengths?

What are your greatest challenges?

More about you...

Sometimes within a coaching relationship issues will arise that are better addressed by a mental health professional. While I don't want to start out with you feeling like you're being labeled in any way, it can be helpful to know what your experience has been in order to be sure we're always doing what's in your best interest.

Have you ever been under the care of a mental health professional? (psychologist/psychiatrist/counsellor)?

- Currently
- Previously, but not now
- Never

If currently or previously, please tell me a little about your experience with a mental health professional.

Do you now, or have you ever, taken medications for mental health issues?

- Currently
- Previously, but not now
- Never

If currently or previously, please let me know a little about the medications. (What do/did you take? Do you feel it helps/helped?)

Is there anything else you think I should know at this point?

Name:

Email:

Phone:

Timezone: