

# **FRANK M. KOCS** **COACH & CONSULTANT**

## **Discovery/Strategy Session Questionnaire**

Please answer the following questions to the best of your ability,  
and submit your confidential responses to Frank at [frank@frankkocscoach.com](mailto:frank@frankkocscoach.com)

- 1) Full name: \_\_\_\_\_; Location: \_\_\_\_\_.
- 2) Occupation(s); Full-time & Part-time: \_\_\_\_\_.
- 3) Have you ever worked with a coach? Yes: \_\_\_\_\_. No: \_\_\_\_\_.
  - a) If yes, how long ago? \_\_\_\_\_.
  - b) If yes, what areas of your life/topics did you work on with the coach?  
\_\_\_\_\_  
\_\_\_\_\_.
- 4) What are three (3) qualities about yourself that you like?
  - a) \_\_\_\_\_.
  - b) \_\_\_\_\_.
  - c) \_\_\_\_\_.
- 5) What are three (3) qualities about yourself that you would like to improve?
  - a) \_\_\_\_\_.
  - b) \_\_\_\_\_.
  - c) \_\_\_\_\_.
- 6) What are three areas of your life (e.g., career, relationships, health, etc.) that you are proud of?
  - a) \_\_\_\_\_.
  - b) \_\_\_\_\_.
  - c) \_\_\_\_\_.
- 7) What are three areas of your life (e.g., work, family, etc.) that you want to improve?
  - a) \_\_\_\_\_.
  - b) \_\_\_\_\_.
  - c) \_\_\_\_\_.
- 8) What is/are your reason(s) for exploring coaching services?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
- 9) On a scale of 1-10 (10 being the highest), how motivated are you to take action to make the changes/improvements that you desire in your life? \_\_\_\_\_.
- 10) Is there anything that you would like Frank to know before the discovery/strategy session?  
\_\_\_\_\_  
\_\_\_\_\_.

*Thank you!*

Your responses help determine if Frank is the best coach for you.

Frank will contact you after his review.

***By submitting this form, you agree that Frank M. Kocs Coach & Consultant will use the information you provide to respond and communicate with you via email/phone. In addition, you acknowledge that you have read and agree to the Privacy Policy and Terms & Conditions.***