



Please take some time to consider and complete this information form. We will use this information to develop your coaching plan and assess your coaching fees (see last section of this questionnaire). Please submit the form to us at least three days before you wish your first coaching session to commence. (In addition please enclose a brief current resume if you have one.)

Please complete and Fax this form to +27 (86) 650 5927

First Name: _____

Family Name: _____

Mailing Address: _____

City: _____

Country you live in: _____

Nationality: _____

Home Phone: + () _____

Business Phone: + () _____

Cell Phone: + () _____

Email Address: _____

Birthday: _____

Marital Status: Never married Divorced Widowed

Religion: (Optional) _____

Children's names and ages: _____

Occupation: _____

Are you a business owner?: Yes No

Do you work Freelance?: Yes No

Do you want to start your own business?: Yes No



Your Goals

Take a moment to think about what you most want to achieve then answer the questions below.

What are the three biggest changes you want to make in your life in the **next 3 months**?

- 1 _____
- 2 _____
- 3 _____

What are the three biggest changes you want to make in your life in the **next 3 years**?

- 1 _____
- 2 _____
- 3 _____

What do you most want to achieve and do you feel ready for it?

Your History

What would you say have been your 3 greatest accomplishments to date?

- 1 _____
- 2 _____
- 3 _____

What is the hardest thing in your life that you have had to overcome?

Who are or have been your major role models?



Have you worked with a coach before or a similar one-on-one adult relationship (e.g. tennis coach, piano teacher, therapist)? Please give brief details.

If you said yes above, what worked well for you and what did not work in the relationship(s)?

What major transitions have you had in the past two years? Entering or approaching a new decade, a new relationship, a new job, a new role, a new residence, change in children's ages/stages, etc.?

Improvements

Please list any improvements you would like to make in the following areas of your life.

Family/Home Life: _____

Financial Situation: _____

Career or Business Life: _____

Personal Character: _____

Relationships: _____

Leisure Time: _____

Self-Care: _____

Learning: _____



Your Life

Who are the key people in your life and what do they provide for you?

Is your life one of your choosing? If not, which parts are being chosen for you?

What is your favorite part of your typical day?

What is your least favorite part of your typical day?

Looking at the past six months of your life, do you like the direction your life is moving in?

On a scale of 1 to 10, 10 being high, rate the amount of stress in your life right now .

1 2 3 4 5 6 7 8 9 10

What are your primary stressors?



List five things that you are tolerating or putting up with in your life at present. (examples: info. you can't find, clutter, rude friends, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipments, old appliances, etc.)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Yourself:

List five adjectives that describe you at your best.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

List five adjectives that describe you at your worst.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What are your 3 major concerns/fears about yourself?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



What are your 3 major concerns/fears about life?

1

2

3

What motivates you?

What are you learning/accepting about yourself at present?

Coaching You

What would you like me to do if you fall behind on your goals?

How will you know when you are receiving value (i.e. your money's worth) from the coaching process?

What types of approaches discourage you or take away motivation?

Do you enjoy self-assessments and improvement programmes?



Below are different ways in which coaching clients work with me. Order these in terms of what you want most out of our coaching partnership, with **1 being the highest and 10 being the lowest**.

- Brainstorming strategies together
- Support, encouragement and validation
- Insight into who you are and your potential
- Painting a vision of what you can become or accomplish
- Exploring and removing blocks and obstacles to your success
- Accountability; checking up on goals
- Spiritual impulses / mentoring
- Suggesting or designing action steps
- Strategic planning Directness; asking hard questions; challenging you to move forward

Potential and Possibility

Do you have a personal or professional vision? If so, what is it?

What would you like to contribute to the world?

What do you think is NOT possible to achieve in your lifetime that you wish you could?

What is a dream or goal you have given up on?



What part of yourself, if any, have you given up on?

On a scale of 1 to 10 with 10 high, rate the quality of your life today?

1 2 3 4 5 6 7 8 9 10

If you reach the age of 95 **and continue to live your life and order your time the way you are right now**, what regrets do you think you will have? (tip: complete the statement "I wish I had...") Do not include things from the past—only things you will regret if you continue on your exact present path.

Your Coaching Fees

We rate our coaching fees individually according to the financial capability of our clients. Our coaching method demands a certain level of commitment from your clients which is reflected and proven by the client's level of investment. (If, for instance, the latest 72cm television is more important to you than achieving your coaching goals then you should consider whether you're serious about the coaching process) Please answer the following questions truthfully. (Remember it's not a good idea to start coaching on a low level of integrity.) Please note that the information will be treated as confidential.

What is your actual total monthly income (including rentals, interests, gifts, supports etc)?

How much cash do you have left after having deducted your basic living costs?



Would you be willing to cut down on some of your expenses in order to invest in coaching to achieve your goals?

Yes No

If yes, on what specifically? And how much more cash would you have available then?



Your coaching fees will be charged on a monthly basis. The average amount of coaching you can expect is one session per week and unlimited email-support. Since coaching is a very dynamic and individual process, it may happen that in one month there is a bigger demand (e.g. 6 sessions) and in another month less (e.g. 2 sessions). The impact of Coaching is measured by its results, not by the number of the sessions. Please read our [Terms & Conditions](#) and tick the acknowledgment box below.

I acknowledge that I have read and understood the Terms and Conditions as published on mscoaching.com and acknowledge that I agree to the Terms and Conditions.

Money back guarantee. I understand that MSC & Associates offers a full money back guarantee in case I'm not satisfied with the coaching. This guarantee applies unconditionally and is based on the full participation of the client with regard to his/her homework assignments. The guarantee can't be applied if the client hasn't done his/her homework assignments.

I am interested in information about the HIGH PERFORMANCE COACHING Bonus

How did you find us?

Search Engine Which one?

Press Which publication?

Referral By whom?



MSC Marc Steinberg Coaching

HEADQUARTERS

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Cape Town, South Africa
Tel +27 (861) coachu / 262248
Fax +27 (86) 650 5927

Anything else you want to add or raise?

Thank you for taking the time to fill out this form. Your Coaching is about to start. Please send the form to us at least three days before your first coaching session. (In addition to this form, please e-mail us a current resume if you have one to inquiries@mscoaching.com) You will receive an answer regarding our assessment for your monthly coaching fee plus instructions for the next step within 2 working days.