

## MATCH ME WITH A COACH QUESTIONNAIRE

Thank you for your interest in coaching services.

1. To ensure a good fit between you and your coach, please submit responses to the below questions to help Catherine Crusade, Employee Engagement Manager, match you with a coach.
2. Catherine will follow up with three to four coaches' biographies for your review.
3. If you wish, to help you select a coach, you can request a complimentary brief introductory phone call with the coach(es) whom you are considering to assess for fit.
4. Contact Catherine at [crusadecm@co.monterey.ca.us](mailto:crusadecm@co.monterey.ca.us)

### "Match Me With A Coach" Questions

1. What motivates you to seek coaching at this time?

2. What are your goals for coaching?

3. Have you ever hired a coach in the past? If so, what did you appreciate most about him/her? What, if anything, displeased you about your coaching experience?

4. Do you require a coach with a particular education level? If so, what level?

5. Do you require a coach with expertise in a particular area? If so, what area?

6. What attributes would your ideal coach possess?



7. Some clients prefer working with a coach of the same gender. Is the coach's gender a factor in your decision? If so, what is your preference?

8. Executive coaches often leverage leadership assessments such as a 360 degree feedback, conversational intelligence assessment, emotional intelligence assessment, and Myers Briggs Type Indicator. Leadership assessments are an additional cost and, on average, are up to \$300 for assessment. Please list any leadership assessments that you are interested in completing?

9. The coaching fees range from \$250 to \$400 an hour. What is your budget for coaching and assessments?

10. Please share anything that hasn't already been addressed above that will help Catherine assist you in identifying a coach who will be a good fit for you.

