



I Want To Know More About YOU!!

Pre-Coaching Questions So I Can Know You Better

Thank you for taking the time to complete this form before your first coaching session with me.. I am looking forward to getting to know you!

To work as a coach with you, it helps me to understand you better, so that the work we do to bring changes in your recovery and your life can be as effective as possible.

Please take some time to reflect on and answer the questions below, as honestly as possible. A sentence or two for each is perfect but if you choose to say more, that is great too!

Finally, if any questions give rise to discomfort or you don't want to answer them then that is ok too...

Tell me a little about yourself - your name, age, where you live, what matter most to you?

What is your background in terms of eating disorders, disordered eating or other personal consequences of diet culture?

What treatment or support / coaching have you tried in the past?

What are your three biggest challenges at the moment that you are seeking help for?

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What is your current living situation / what support do you have in place at the moment?

What are your strengths?

What do you most want to get from coaching longer term?

What else would it be helpful for me to know to help make our coaching relationship most effective?

Thank you for taking the time to answer these questions.

It would be very helpful if you could return your answers to me before our first session:

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