



Joshua A. Lissauer Coaching, LLC — Client Questionnaire — www.jalcoaching.com

Client Questionnaire: This free questionnaire has possible areas for us to work on during our Coaching Sessions. It's designed to assist you in discovering how you might benefit from Coaching.

Instructions: Using the scale from 1 to 5, please rate your current level of satisfaction.

Rating Scale: 1 being the lowest level of satisfaction - 5 being the highest level of satisfaction.

Category 1: Job Search & Interviewing

Rating Scale: 1 being the lowest level of satisfaction - 5 being the highest level of satisfaction.

1. How satisfied are you with the impact your résumé generates to potential employers?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

2. How satisfied are you with your interviewing skills?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

3. How satisfied are you with your networking skills?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

4. How satisfied are you with your level of income in your career?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

5. How satisfied are you with your negotiating skills?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

Category 2: Personal Growth & Self-Improvement

Rating Scale: 1 being the lowest level of satisfaction - 5 being the highest level of satisfaction.

6. How you satisfied are you with your ability to take risks?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

7. How satisfied are you with your ability to creatively generate your ideas into actions or products?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

8. How satisfied are you with your overall courage?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

9. How satisfied are you with your overall self-confidence?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

10. How satisfied are you with your ability to focus?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

Category 3: Career Development

Rating Scale: 1 being the lowest level of satisfaction - 5 being the highest level of satisfaction.

11. How satisfied are you with your job performance?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

12. How satisfied are you with your leadership skills?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

13. How would you rate your cultural intelligence (e.g., embracing diversity)?

1. Extremely Unsatisfactory
2. Unsatisfactory
3. So, So

4. Satisfactory
5. Highly Satisfactory

14. How would you rate your emotional intelligence (e.g., getting along with others)?

1. Extremely Unsatisfactory
2. Unsatisfactory
3. So, so
4. Satisfactory
5. Highly Satisfactory

15. How satisfied are you with your work-life balance?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

Category 4: Career & Life Goals

Rating Scale: 1 being the lowest level of satisfaction - 5 being the highest level of satisfaction.

16. How satisfied are you with your future growth at your current position at work?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

17. How satisfied are you with your level of education?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

18. How satisfied are you in life, currently?

1. Extremely Unsatisfied
2. Unsatisfied

3. So, so
4. Satisfied
5. Highly Satisfied

19. How satisfied are you with your ability to take on large challenges?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

20. How satisfied are you with your overall happiness?

1. Extremely Unsatisfied
2. Unsatisfied
3. So, so
4. Satisfied
5. Highly Satisfied

21. Please fill out your contact information, so I can deliver your results. Thank you.

First Name:

Last Name:

Email:

Please send an e-mail of your completed survey to: josh@jalcoaching.com



JOSHUA A. LISSAUER COACHING, LLC

www.jalcoaching.com

516.297.7152

josh@jalcoaching.com

Call today for a **FREE** consultation and reach your
career goals and dreams.

