



## ***Is Life Coaching right for you, right now?***

You've been sent this document as before we discuss the possibility of coaching, I would like you to complete this survey. Please read this important disclaimer before completing the survey. The link to start the survey is below the disclaimer;

- \* This questionnaire is designed to be completed by the individual inquiring about Life Coaching (and NOT by anyone else on their behalf) and is for individuals between the age of 18-30.
- \* The questions address several issues in the area of mental, emotional and social health and well-being
- \* The questionnaire will inform you, based on the score you get, whether or not Life Coaching is suitable and/or recommended for you at this stage
- \* Each question requires a multiple-choice answer of either a YES, NO, SOMETIMES or UNSURE. A box to enter any "Details" where appropriate is also included with each question, and you are encouraged to enter as many details as you can.
- \* Once you have completed the questionnaire, your answers will provide you with a score out of 40. An explanation on the ranking of your score is provided via a link at the top of the survey. Each explanation clarifies why coaching is or isn't recommended for you at this stage and offers "The Next Step" you can take.
- \* If you would like clarification on any of the questions in this survey before or after you complete it, please don't hesitate to contact Brian McAleer via email on [info@brianmcaleer.com](mailto:info@brianmcaleer.com)
- \* Your answers are not collected for data purposes or shared with any third parties - this questionnaire is purely designed for helping you the Individual completing this questionnaire, to be informed if Life Coaching is the best option for you at this stage.

**START THE SURVEY**