

Questionnaire: Are You Ready for Coaching?

1. How long has it been since your spouse passed away?
 - a) Less than 6 months
 - b) 6 months to 1 year
 - c) 1 year to 2 years
 - d) More than 2 years
2. On a scale of 1-10, how would you rate your overall emotional well-being currently?
 - a) 1 (Extremely low)
 - b) 10 (Very high)
3. Have you sought professional counseling or therapy to cope with your grief?
 - a) Yes
 - b) No
 - c) In progress
4. What is your primary goal or desire in seeking mentoring or coaching? (e.g., managing grief, rebuilding life, finding new purpose, etc.)
5. How open are you to receiving guidance and support from someone who has experienced a similar loss and has successfully rebuilt their life?
 - a) Very open
 - b) Somewhat open
 - c) Unsure
 - d) Not open

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6. What are some specific areas in which you feel you could benefit from mentoring or coaching? (e.g., emotional healing, practical advice, setting goals, self-discovery, etc.)
7. Do you have a support system in place (family, friends, support groups) that you can rely on for emotional support?
 - a) Yes, a strong support system
 - b) Some support, but limited
 - c) No support system currently
8. How comfortable are you with sharing your personal thoughts, feelings, and challenges with someone you don't know well?
 - a) Very comfortable
 - b) Somewhat comfortable
 - c) Not comfortable
9. Are you willing to commit time and effort to participate actively in mentoring or coaching sessions and complete any assigned tasks or exercises?
 - a) Yes, I am fully committed
 - b) I am willing to give it a try
 - c) I am unsure about my level of commitment
 - d) No, I don't think I can commit at this time

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10. Have you done any personal development work (e.g., self-help books, workshops, courses) since the loss of your spouse?
 - a) Yes, extensively
 - b) Yes, to some extent
 - c) No, but I'm open to it
 - d) No, and I'm not interested

11. How would you describe your current level of motivation and readiness to make positive changes in your life?
 - a) Highly motivated and ready for change
 - b) Moderately motivated and ready for change
 - c) Not very motivated or ready for change
 - d) Unsure about my motivation and readiness for change

12. How comfortable are you with investing time and finances to meet your goals?
 - a) 1 (very low)
 - b) 10 (very high)

13. What financial ability do you have to engage in coaching or mentoring?
 - a) I have discretionary income and could do 1:1 coaching
 - b) I have some discretionary income and would be able to do a mixture of limited 1:1 coaching and an online course or program
 - c) I have very little discretionary income but would be able to participate in a self paced course
 - d) I have no discretionary income

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14. Is there any other information you would like to share that you believe would be helpful in assessing your readiness for mentoring or coaching?

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