

**Nebo D. Lukovich, MSc**

**Pre-Coaching Questionnaire**

Dear friend,

As a life coach and the creator of the Reintegration System, my greatest passion is achieving inner freedom and true happiness, not through suffering, but through wisdom and inspiration.

I know from my own experience that both inner and outer transformation are possible by employing the well-known life coaching approaches and the Reintegration methodology. Their impact on my life and lives of many of my friends and clients has been enormous.

Please take some of your time to fill out this questionnaire. It is designed to save both yourself and my time and effort. I will use it to evaluate my ability to help you. In order to ensure the best results of your coaching program or at least give you some advice for your future life, it is very helpful for me to understand your personal history as well as your dreams and ambitions.

Additionally, answering these questions will also help *you* to reflect deeper into your aspirations and motivations. There is no right or wrong answer, just whatever is true for you.

Please type responses to questions and e-mail back to me. You can either print out this form and scan it or fill it out as the MS Word document. Upon completion, please send it to: nebo.d.lukovich@gmail.com or info@re-integration.com. Of course, all the information you provide here is confidential, as well as all life coaching sessions, and will be destroyed should either party decide not to proceed.

I will respond in two to three days, either with the proposal for a Skype conversation (as the next step of possible life coaching support) or with a few pieces of advice and suggestions for your future life.

You will be granted the coaching program if there is a good chance that I can really help you to improve your life, *and* there are time slots available.

Apart from the initial Skype conversation, which will allow me to determine if the area of your life you need to focus on matches my capabilities, time, and expertise, your first session (half-hour long) will be FREE OF CHARGE. After it, if you wish to continue, each 1-hour session costs $90.

**Today’s Date:**  / /

(Month) (Day) (Year)

**Name:**

 (First) (Last) (Middle Initial)

**Date of Birth:**  / / **Place of Birth:**

 (Month) (Day) (Year)

**Place and country of residence:**

**Gender:** □Male□Female (check or underline your answer)

**Home Phone:** ( ) **Cell Phone:** ( )

**Best Dates/Times to Reach You:**

**E-mail:**

**Relationship Status** (check or underline your answer):

* Never Married □ Partnered □ Married □ Separated □ Divorced □ Widowed □ Other

If “Other,” please specify:

**If married, name of spouse:**

**Names of children and ages:**

**Education** (check or underline): □ High School □ Some college □ BA/BS □ MA/MS □ Ph.D. □ Other

**Occupation/Title:**

On a scale of 1 to 10 with 10 high, please rate the overall **quality of your life** , **your health** , and the **amount of stress**  .

**Medical**

List any physical concerns you are having at present (e.g. chronic or acute diseases, high blood pressure, headaches, muscle pains, dizziness…)

**Symptoms of Your Challenges / Problems**

Describe your current challenges / problems:

**Goals and Aspirations**

What is the vision you have for your life, i.e., the final destination or achievement, as you see it today, if age, finances or time wasn't an issue?

What do you most want to achieve in your life?

1.
2.
3.

What are the restraining forces or obstacles keeping you from achieving these desires and goals? Please include any stories you keep telling yourself as to why you can't be successful.

Do you believe huge transformational shifts can occur in your life and, if so, in which areas (i.e. in your spiritual life, relationships, income, etc.)?

What is the key outcome you would like to achieve from this coaching?

What was the greatest challenge or difficulty in your life and how did you overcome it?

Have you worked with a coach before or a similar one-on-one adult relationship (e.g., therapist, mentor, sports coach, piano teacher)?

If so, what worked well for you and what did not work in that relationship(s)?

**Your Life Story**

How do you spend most of your time during a typical week?

What are your primary stressors?

On a scale of 1 to 10, 10 high, rate the amount of stress in your life right now.

What would you like to share with me about your life in general?

On a scale of 1 to 10 with 10 high, rate the quality of your life today.

**Life Changes**

What are the repeating patterns or habits in your life you would like to change?

Please list any changes you would like to make in your life (please rate the level of urgency or your commitment to make each of those changes, on a scale of 1 to 10):

Are you willing to accept advice, generally speaking? Please share one important life situation when you followed other people’s advice, and one when you did not.

On a scale of 1 to 10 with 10 high, rate your self-assessment of your general level of stubbornness

Anything else you would like to share with me?

Please provide your preferred method of contact (Skype, Facetime, WhatsApp, or Viber) and the number or Skype address where I can reach you.

For your information, your initial Skype (or WhatsApp, Viber...) session will consist of:

* Basic Client-Coach introduction,
* Your description of your personality, goals, and life situation,
* Your explanation of the key outcomes you would like to achieve from this coaching,
* Clarification of what coaching is / is not,
* What the service includes.

If you are granted the life coaching program, your first coaching session will cover the following topics:

* Agreement on number of sessions, and schedule,
* Payment terms,
* Coaching contract/agreement,
* Structure of sessions,
* Methods of communication,
* Ground rules for missed or late sessions,
* Initial talks about you, your goals, and life situation,

Generally, the 1-hour sessions will consist of *some* of these topics:

* Assessment of where client is now
* Examining the Wheel of life and main areas of life that the client should develop or deal with
* Coaching questionnaires and other assessments
* Defining your main goals, values, and priorities
* What the client wants to achieve from coaching – long, medium, short term
* RS approach to goal harmonization
* T-GROW model for the goals
* Reality - exploring what’s holding the client back
* Introducing the client to the Basic Reintegration principles and methodology
* Importance of full responsibility and its application in real life
* Learning the basic RS techniques: Dissolving the Temporary I, Moving to the Heart, Dissolving the Temporary I Plus, Gentle Touch of Presence, Freshness and Acceptance
* Use of the basic techniques and, if needed, main Reintegration techniques
* RS work on overcoming self-limiting beliefs and detrimental habits
* RS work on reintegration of traumas, emotions, and other unintegrated parts of your personality
* Way forward - committing to one of the options the client has outlined, and following an action plan to make that option a reality
* Suggestions on mindfulness in everyday life
* Agreement on the exact schedule of everyday self-development work
* Wrap Up
* Any questions/concerns

Please don’t forget to send this questionnaire back to:

nebo.d.lukovich@gmail.com or info@re-integration.com

Thank you and talk soon,

Nebo