

5. Does your child have a history of the following behaviours? (check if applicable)

- Substance abuse or participation in a rehabilitation program
- Violent behaviour and/or aggression towards others
- Anger management challenges
- Depression, bipolar disorder, suicidal thoughts or suicide attempts
- Difficulty opening up to adults
- Difficulty getting along with peers in a group setting
- Asperger's syndrome, autism spectrum disorder or other learning challenges
- Self-harm or harming others
- Diagnosed personality disorders
- Eating disorders (i.e., anorexia, bulimia, etc.)
- Hospitalisation in a mental health facility
- History of arrests, probation
- Computer addiction
- Pornography and sexual addiction
- Mood swings
- None of the above

6. Have you ever been coached? How do you feel about it?

Understanding your coaching needs questionnaire

Name of child: _____

Date: _____

Name of coach: _____

For Young Champs

1. What changes would you like to see in yourself in the next 12 months?

2. What are your greatest strengths?

3. What is your greatest challenge?

4. If you could change one thing in your life right now, what would it be?

5. What is your most negative thought about life?

6. What is your dream?

7. When were you happiest in your life? Why?

8. When were you unhappiest in your life? Why?

9. What would you do, if you knew you couldn't fail?

10. What do you want to get out of coaching?