

AF CONFLICT MANAGEMENT COACHING

PREPARATION & READINESS QUESTIONNAIRE

To prepare you for your conflict management coaching (CMC) session, the following will help build the foundation to assist you in reaching your objective. Thank you for taking the time to answer these questions. Please bring your responses to the first session. Do not submit these to anyone, including the person who conducts the intake with you, before the session.

Please review the following statements and circle Yes or No. If you answer “No” to any question, it may be helpful to discuss your answer with your coach prior to beginning the session.

- I am prepared to openly discuss my situation Yes No
- I am prepared to be honest with my CMC coach Yes No
- I am open to considering & understanding the other person’s perspective Yes No
- I am responsible for any actions and decisions I make Yes No
- I am able to receive constructive feedback from my coach Yes No

- What do you want to know about coaching that you don’t know yet?

- How do you manage conflict at this time?

- What are you hoping to achieve in conflict management coaching?

- How will you know if your goal(s) is (are) achieved?