

# Parent Onboarding Questionnaire to Coach Their Teen

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## Purpose

This questionnaire will help you and the parents of your teen client get on the same page regarding the goals they have for the coaching partnership. It will also include all other information about your client that will help you serve them most powerfully. The parent of the teen in the coaching relationship is considered the “sponsor” and the teen the “client.” By having this questionnaire answered by the “sponsor,” you’ll be able to manage the goals of both the sponsor and client.

## Benefits

In my experience, using a questionnaire prior to the first coaching session saves time and helps get the parents, the coach, and the teen on the same page. It also allows them to process their thoughts and set intentions prior to the first session. This is a fantastic launching pad to begin the coaching relationship powerfully! Finally, the questionnaire supports the coach in articulating the boundaries around the parent’s expectations and helps set the framework for the partnership right from the start.

## Use of this Tool

Adjust the questions as you see fit for your unique teen or parenting niche and use as a guide to create a client onboarding questionnaire. Once you have your questionnaire set up, send it to your client’s parents along with your coaching contract, and invite them to complete it prior to your first coaching session. I recommend covering the teens goals for the coaching partnership with the teen during the initial session rather than send them a questionnaire. After the initial coaching session, you will have a roadmap based on the parent’s questionnaire, and the teen’s answers that came from that session, and now you can maximize the coaching relationship so all parties feel fulfilled.

## [INSERT LOGO/BUSINESS NAME AND/OR IMAGE]

### Coaching Your Teen Questionnaire

As your teen's coach, it's important for me to understand what your hopes and desires are as a result of this coaching partnership. This ensures that we get on the same page as quickly as possible to maximize your teen's success in this program. While I will be supporting your teen on [insert key benefit client is seeking], the success of it really depends on your teen's engagement and your trust and support throughout the coaching process.

In order to get the most out of this program, it is important for your teen to feel safe sharing any and all thoughts and feelings coming up for them. That means what happens in our coaching session is completely confidential unless there are any concerns for your teen's safety.

With this structure and support in place, this will be an exciting time for your family as we work together to accomplish your family goals and your teen's goals.

Please answer each of these questions as clearly and thoughtfully as possible. All answers are kept strictly confidential from your child.

*Special Note:* You may feel that some questions here do not apply to you and your specific situation. To receive the highest value from this process, please focus on and respond fully to as many questions as possible. If you feel that a specific question does not apply, please indicate your reason in the space provided.

## Personal Information

Your names: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phones: \_\_\_\_\_

Cell Phones: \_\_\_\_\_

Marital Status: \_\_\_\_\_

Name(s) and age(s) of child(ren): \_\_\_\_\_

### Client (Your child's) Information:

Full name: \_\_\_\_\_

Preferred name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Best method of contact: \_\_\_\_\_

### More About Your Teen:

1. Describe your teen's personality, talents, and any other characteristics that come to mind when you think about your teen.
  
2. Describe your teen's role within your family and how they interact with their immediate family members.
  
3. Describe your teen's academic performance and how they approach their education.
  
4. Describe your teen's relationship with peers.
  
5. If you could wave a magic wand and create the ideal image of your teen and their life, what would that look like? In other words, what's your greatest wish for them?



6. What must change in order for that vision to become a reality?
7. What are the biggest challenges your teen is facing right now?
8. What is the biggest FEAR you have when you think about your teenager?
9. If there were a secret passion your teen has, what would it be?
10. What makes your teenager unique?
11. During this program, what specific goal do you want to focus on for your teen and/or family: (Please be very specific.)

12. Why did you decide to enroll in this coaching program?

13. What excites you most about this upcoming year for your teenager and family?

14. What else do you want me to know?

Once you have completed this evaluation, please send it to: **[enter email address]**

**Credit:** The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.