



### **Parent Onboarding Questionnaire to Coach Their Teen**

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, the success of the **VELOCITY Coaching Curriculum** 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

#### **Contact Information:**

**Parent/Sponsor**

**Address**

**Email**

**Phone Number**

**Teenager/Student-Athlete**

**Address**

**Email**

**Phone Number**

**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: [Ben@OutcomeElite.com](mailto:Ben@OutcomeElite.com)**