

Dream a better condition for yourself!

Before our first call!

Please answer the following questions and we will discuss at our first session. There are no right or wrong answers. Even though we will be working on your goals, these questions will help me get a better understanding of who you are so that we can look for alignment in your work challenges and your personal goals.

YOUR BACKGROUND

Describe your three greatest accomplishments to date

What made these accomplishments stand out for you?

What have you incorporated into your current actions from your past accomplishments?

How could you use what you've learned from these accomplishments to assist you in making future changes?

What major transitions have you had in the past two years? (New assignment, new relationship, etc.)

If you worked with a coach before or a similar one-on-one adult relationship, what worked well for you?

If you have worked with a coach, and you are not currently, how did that relationship end?

YOUR LIFE

Who are or have been your major role models?

What attributes of these role models do you admire and want to emulate?

What are the five most positive things in your life?

What are the five things you would like to change in your life that would make it even more satisfying, effective, and joyful?

Who are the key supportive people in your life, and what do they provide for you?

On a scale from 1 to 10 (1 being least effective and 10 being most effective), rate the quality of your life. By what criteria did you rate yourself?

What percentage of the life you are leading is actually YOUR life?

YOUR SELF TODAY

List five adjectives that describe you at your best.

What prevents you from being at your best?

What energizes you?

What saps your energy?

What are you learning and accepting about yourself at present?

In what way do you currently spend time that if you were to spend it differently, would yield greater happiness and achievement?

What do you consume now, that if you didn't, would allow you to be healthier? (Alcohol, caffeine, sugar...)

Could coaching effectively resolve some issues in your life right now?

YOUR POTENTIAL

What is your personal and/or professional vision?

What would you like to contribute to the world?

What do you most want to achieve in the next six months?

How ready are you to go for it?

Use the criteria below as thought starters for the goals above:

Family/home
Financial situation
Career or business
Personal character

Relationships
Leisure time
Learning
Self-care

What responsibility do you have for ensuring that our relationship works well?

How can I help you to be more effective in working towards your goals?
