

Preparation Questions

Please download these questions or answer them online. Take time to enjoy and explore these questions, as hopefully they will prime the process of our coaching together. I use the information you provide me with to get a deeper understanding of who you are, what drives you, and what you want to create in life. I would like these questions emailed to me before the discovery session but don't stress if we need to take time in the session to cover some of them.

What's going on with you right now?

What does this mean to you?

What do you want for your life?

What issues do you want to work on?

What motivates you in life right now?

What in life is most important to you?

What things give you enjoyment and what makes you enjoy them?

What are your biggest achievements in life so far?

What are the beliefs strengths and state of mind that enabled you to achieve them?

If there were no rules and you couldn't fail, what would your career/life look like?

What qualities would the person in above question possess?

What patterns of behavior hold you back?

What can I say to you when you are stuck that returns you to action?

Do you have spiritual beliefs and or a tradition to which you belong?

What else do you want me as your coach to know about you?

How do you process things best?

What I expect of my coach is:

When I “slump” how do I want my coach to be with me?

What I never want my coach to do?

What else do you want me as your coach to know about you?