

PREPARING FOR YOUR FIRST COACHING SESSION

I look forward to getting to know you and supporting you in your efforts to reach your objectives. To prepare for our first coaching session, the following will help build the foundation for our work together. Your responses are CONFIDENTIAL between us.

Because coaching works best when clients have clear goals and outcomes they want to achieve, please identify what actions you are hoping to be able to take when you complete coaching:

Please let me know, too:

- 1) What is motivating you most at this time, to obtain coaching?
- 2) On a scale of 1- 10, how motivated are you right now to reach your goal?
10 being - very motivated and 1 being - not motivated at all.
- 3) In what ways will you measure the success of coaching?
- 4) What will be noticeably different about you when you reach your goal?
- 5) What do you want to know or understand about coaching, and how the process works, that you don't know yet?
- 6) What else do you want me to know about you?
- 7) What do you want to know about me?

Thank you for taking the time to answer the above questions.