



Initial Questions

To prepare for our first session and to make the best use of our time together, please take some time to reflect on the questions below that speak to you the most. These can be a good place to start and are intended to begin the process of inquiry, reflection, learning and forward movement.

About Your Life and Career

1. What are you most proud of?

2. What has been your biggest disappointment?

3. How would you describe your satisfaction with your life direction so far?

4. What words describe how you feel about your career?

5. What is the complement or acknowledgement you hear most often about yourself?

6. What dream of yours is still unfulfilled?

7. What words describe you at your best?

8. What words describe you when you are at less than your best?

9. What activities have meaning and heart for you?

10. Imagine you can have one wish fulfilled. What one thing would you change?



About Coaching You

1. What will make this coaching relationship rewarding for you?

2. What approaches encourage or motivate you?

3. What approaches discourage or de-motivate you?

4. How will you know you are receiving value from this coaching relationship?

5. What else would you like me to know about you?
