

Dragonfly Pond LLC
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Preparation For Coaching

Description of Coaching: Coaching is an alliance between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or business goals and to develop and carry out a strategy/plan for achieving those goals.

Coaching is a partnership of two people coming together to assist a client in identifying where they'd like to go, what needs to be shifted, and what identified milestones will demonstrate that the partnership is producing desired results. To do so, there needs to be a thoughtful agenda put into place that helps to drive forward movement. While goals can morph in the course of coaching, we need a starting point, and that is what this form is designed to do.

Please email this form back to me as soon as you've completed it so that I can be as ready as I can to be of service to you. You can use this form as a guide and you can insert your own answers, or you can answer each question in the body of an email. I'm looking forward to seeing what emerges as you do some preparation for breaking new ground in your life!

Preparation for Intro Coaching Session:

Please give some thought to the following questions and answer them prior to starting coaching, as they will guide us in our work together, and prepare you for the success you are seeking.

Is there an area in your life you would like to improve? Once improved, what does it look or feel like?

If you could design the life you'd most like to lead, what would you be doing and who would be around you?

What are you willing to let go of in order to be successful?

How will you know that our coaching is succeeding? For instance, what will others see you doing differently, or what will you notice change in your life?

How will you benefit from having a focused conversation each week?

What values do you want to base your life on? (For instance, the things that ignite you, light you up, and the things that keep you rooted calmly and spontaneously to your core.)

What would you like to focus on first?

What will be the first signs to you that the coaching is working for you?

The attainment of which goal(s) will be worth the first five-pack coaching fee?

How will your life be different once you've attained/maintained these goals?

How will you know when our coaching has come to a successful conclusion?