

Auntie Yogi's Coaching Readiness Form

1. What brings you to bias coaching? Have you identified a bias to explore? Are you interested in a general assessment of human biases?
2. What is the difference between coaching and therapy to you?
3. Have you been in therapy? Was it “successful”?
4. Are human biases causing you trouble at work, home, community?
5. Do you have experience with meditation and/or other introspective practices?
6. What do you know about emotional intelligence?
7. Are you a good student? Explain.
8. What are your questions?

Yolanda Speaks: Inspiring Individuals, Improving Organizations