

Complimentary Exploratory Call – Pre-work

Name: _____ Date: _____

Phone: _____ Email: _____



As your potential coach, it's important for me to understand what you hope to achieve by having a coach and how I might be able to assist you.

Each person has a unique way of thinking and a unique way of interacting with those around him or her. Please answer each of the questions below and send them to me prior to our exploratory call. These are questions designed to stimulate your thinking and make our exploratory call more beneficial for both of us.

1. What are some things that you want to work on in your life (personal, professional, relationship, etc)?

2. What two steps could you take immediately that would make the greatest difference in working toward your goal (item 1)?

3. Have you ever worked with a coach before? If so, when and for how long? Were you happy with your coach?

4. What do you want from a coach? (write down 2 or 3 things that occur to you)

5. What could I say to you when you are most "stuck" that will return you to action?

6. What's missing in your life? What would make your life more fulfilling?