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**WELCOME
DISCOVERY SESSION
PACKET**

Welcome to Coaching. Congratulations in your choice to focus time and energy on your own spiritual growth. I am passionate about supporting you to extend your reach and become even more than you dreamed possible. (Eph. 3:20) I look forward to the wonder we'll co-create in your life.

Coaching is about you as a whole person; your values, goals, work, balance, fulfillment, and life purpose. I work with highly motivated individuals like you to develop their own blue print for success. Most clients want to achieve specific goals, so they can lead a more fulfilling life. We will design a plan that fits your needs and unique calling.

Our initial appointment, the discovery session, is meant to jumpstart our relationship. During our first session we will be designing our alliance (how we will work together), how you want me to coach you and what tools and structures I bring. Most of this session will be discovery – this is when you will train me on who you are, what you desire in your life and what I am to hold for you as your vision.

I am enclosing some homework to fuel the fire for our discovery session. In order to maximize our time together, please spend some time giving the homework careful thought. If you are unable to complete all of it, don't worry; we will be working with this information when we are together. It is meant to spark your thought process for our first session. The information will at least give you an idea of what to expect. Please photocopy any forms you do complete and send me a copy before our meeting.

Expectantly,

Denise Dietz

PERSONAL INFORMATION FACT SHEET

All personal information is confidential.

Client Information

Name: _____

Address: _____

Phone: _____ Text Voicemail

E-mail: _____

Occupational Information

What do you do to earn a living? _____

Employer name: _____

Personal Information

Date of Birth: _____

Spouse: _____

| Children: | Name | Age |
|-----------|-------|-------|
| | _____ | _____ |
| | _____ | _____ |
| | _____ | _____ |

Client Questionnaire

As your coach, it's important for me to get a sense of how you view the world and yourself in the world. Each person has his/her own unique way of perceiving the world and has a unique way of interacting with others.

The following questions are designed to help me get to know you better, they are designed to be pondered and to stimulate your thinking in a way that will make our work together productive and rich. I suggest you chew on the questions for a few days before you compose your responses.

1. Look forward 20 years you are attending a function where someone is giving a speech about YOU! What would you want them to say?
2. If time and resources were not a concern, describe the things you long to do?
3. Think about one or two people you know who really inspire you. What about them is inspiring?

4. What's missing in your life, the presence of which would have your life be more fulfilling?

5. Who are you being when the possibilities in life are limitless?

6. What are your spiritual beliefs? Please describe the most useful, empowering aspects of your faith.

7. What activities have heart and meaning for you?

8. What needs in the world are you moved to meet?

9. What two steps could you immediately take that would make the biggest difference in your current situation?

10. When are you unable to laugh at yourself?

11. When do you give your power away? To whom?

12. What drives you crazy?

13. What do you contribute that is unique?

14. What special knowledge do you have?

15. What can I say to you when you are “stuck” that will return you to action?

16. If you trusted your coach enough to say how to manage you most effectively, what tips would you give?

17. What else would you like me, as your coach, to know about you?

DAILY HABITS

Daily Habits are small constructive actions done on a routine basis. These actions can quickly give you a sense of accomplishment and forward momentum. These daily habits form a foundation upon which major change takes place.

What action, if taken on a regular basis, would make a difference for you in one of the areas on the Wheel of Life?

Examples: Walk three times a week. Take vitamins daily, Pray for 10 minutes a day.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

COMMITMENTS

Commitments are on-going quality of life shifts. Commitments are different from goals. With a goal, there is a specific point in time where you have either accomplished it or not. It is measurable and specific. *For example:* you have either increased your income by 30% by September of 20XX or you have not. A commitment is not measurable. It has to do with a state or kind of being you want to create in your life. *For example:* I am committed to having joy and self-expression in my work.

Using the Wheel of Life as a guide, look to see what you are committed to creating in the following areas of your life.

My Commitments:

Career _____

Money _____

Health _____

Friends & Family _____

Marriage _____

Personal Growth _____

Fun & Recreation _____

Spiritual Life _____

Other _____

GOALS

A goal has a specific measurable result. *For example:* earn a promotion to VP of Sales by November 8, 20XX. It is important to remember when working with goals that a goal is a landmark or signpost to use as you move forward in life. Goals are a way of measuring progress and evaluation the effectiveness of your actions. If you do not reach your goal by your target date, it is an opportunity to look and see if:

- You are truly committed to that goal (it's OK if you are not).
- The actions you have taken are appropriate.

It is also important to set goals that are compelling and will allow you to stretch and grow. These goals are more than a glorified to-do list.

I encourage you to set exciting, challenging goals and to welcome the occasional failure that inevitably accompanies this courageous endeavor.

Your goals may come to you quickly, or you may need some inspiration. Again, the Wheel of Life will give you inspiration about areas of focus.

| GOAL | BY WHEN |
|------|---------|
| | |
| | |
| | |
| | |
| | |

Who We Are!

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, and fabulous?" Actually, who are you *not* to be?

YOU ARE A CHILD OF GOD. Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson