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DATE:

CLIENT NAME:

IMMERSION LOCATION:

COACHING IMMERSION PREPARATION

Please complete this assessment and return to Annelies within 48 hours of your immersion experience.

- 1- Briefly describe what is *already working* in your current life?

- 2- What is not working in your personal and/or professional life?

- 3- What does success look and feel like to you? Who is around you, what are you doing?

- 5- What are your top 3 challenges you currently face?
 - 1.
 - 2.
 - 3.

- 6- What are your top 3 challenges you anticipate facing in the future?
 - 1.
 - 2.
 - 3.

- 7- What would surprise you about the next chapter of your life?

- 8- What might you need to give up along the way?

9- What are your top 3 unique strengths?

- 1.
- 2.
- 3.

10- What are your top 3 weaknesses?

- 1.
- 2.
- 3.

11- What are your top 3 short-term goals? Include time frame.

- 1.
- 2.
- 3.

12- What are your top 3 long-term goals? Include time frame.

- 1.
- 2.
- 3.

13- What is your most valuable defining moment that put you on your path to success?

14- What is it about you and your work that nobody knows?

15- What crossroads might you be facing at this stage of your game? Be honest.

- 16- What commitment do you hold with yourself that has brought you into this immersion?
- 17- What personal gifts, stories or experiences might you hide from the world?
- 18- What are you most afraid of?
- 19- What is your relationship to trust?
- 20- Where do you draw your most support? If you don't have this, what could that look like? What is missing?
- 20- What do you aim to complete through our coaching immersion?

*Thank you for taking the time to explore your needs and goals! I look forward to journeying with you.
Kindly, Annelies M. Gentile, MA, PCC*

A handwritten signature in black ink, reading "Annelies", with a long, sweeping underline that extends to the right.