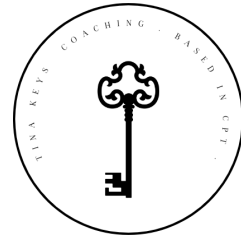


# Tina Keys Coaching



## Application

### Background Information

First Name

Last Name

Gender

Date of Birth (yyyy/mm/dd)

Address

City

State/Province (if applicable)

Country

Postal Code

Phone Number

Email Address

*Please answer all questions as best as you can.*

1) Which area of your life do you think you could improve on by getting help from coaching?

2) What challenges are you currently facing that you think would benefit from coaching? Describe **at least two areas** where you are having trouble.

3) Describe what the best case scenario would look like for you after you have successfully overcome these obstacles, in other words, describe the desired outcome in detail.

4) Name any interests or hobbies you enjoy doing.

5) What do you think are your best qualities? Please describe or list them below.

6) Is there any quality that you have not listed above which you would like to improve?

7) What do you want your future to look like?

8) How do you imagine coaching can help you achieve the future you desire?

9) What do you do when you are stressed out?

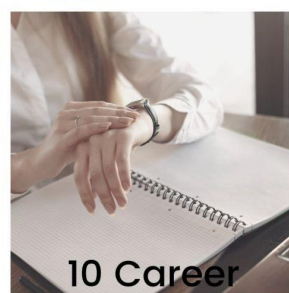
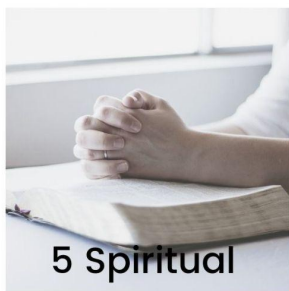
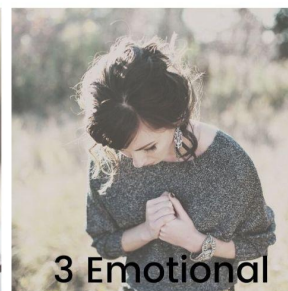
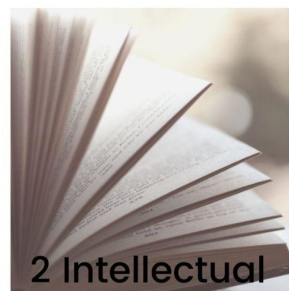
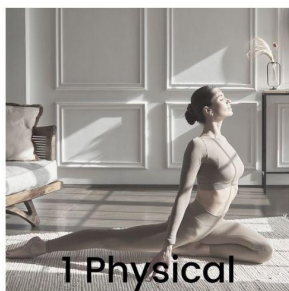
10) What do you find helpful when you are stuck? Is there an approach or tactic that works best to help you get going?

11) What changes do you think you need to make to help you react better to specific situations

12) Is there anything else you'd like us to know about?

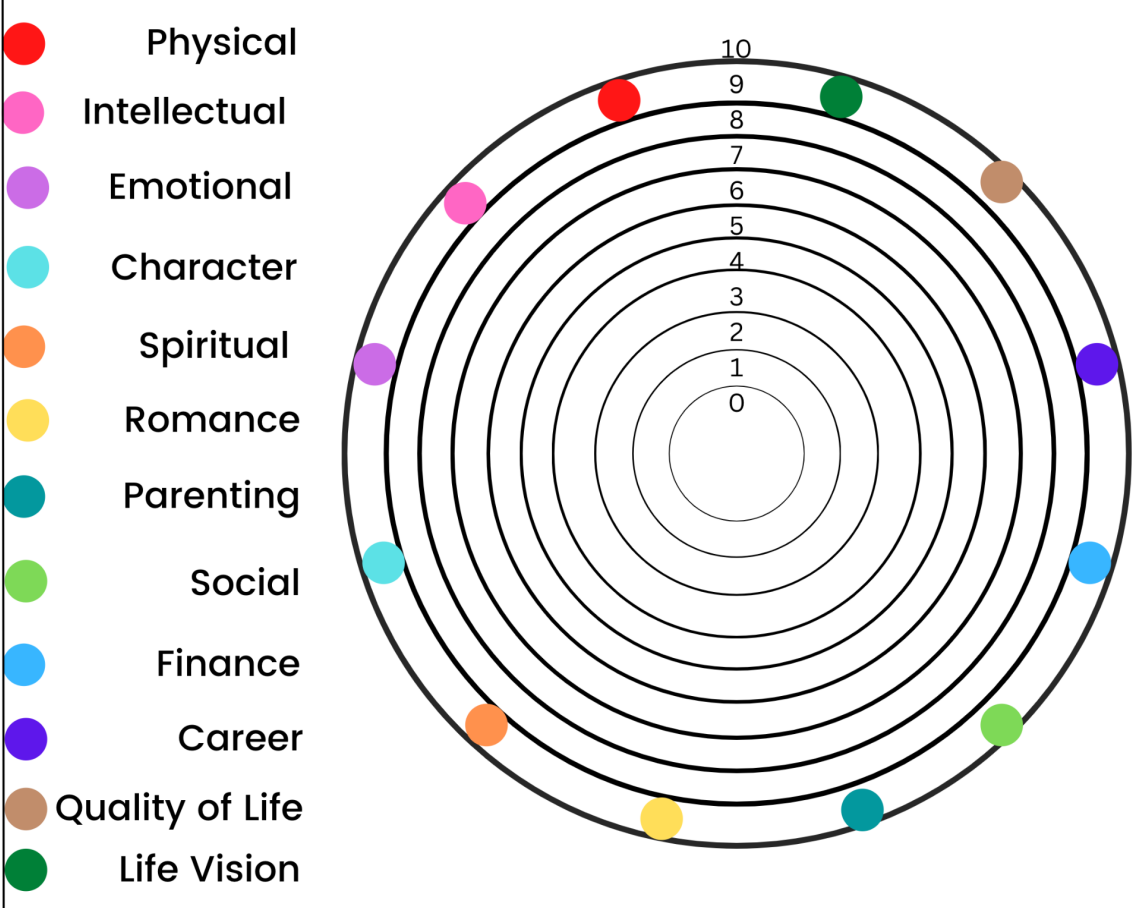
Have a look at these 12 aspects of your life. Rate yourself on each of them on this circle, and then connect the dots to see how 'round' your circle is

- 0 - extremely poor or non existing
- 2 = I have seen better days
- 5 = Average / ok/ so-so
- 7= Feeling positive
- 10 = excellent, could not be better



Make a dot in this circle more or less on the line number that you would rate yourself on. You do not have to use the exact colors that we are using, our colors are just so you can identify the different areas on the wheel. So go rate yourself on an area, find the same color dot on the wheel, count down from the outside until you find the line on which you want to draw your dot, and then continue to the next one. Once you have drawn all your dots on the wheel, now connect your dots with a koki pen, and you are finished.

Circle of life



How do you feel about the 'roundness' of your circle?

Describe what your circle should look like in 12 months.