



## Coaching for Results Exploratory Meeting Form

This Exploratory Meeting Form is meant to help you reflect deeper into your personal and business goals to figure out if coaching is the right choice to help you achieve those goals. It is important that you know that there is no right or wrong answer, just whatever is true for you. These questions provide a means for me to understand you and your current position more closely and thus enable me to coach you to bring out your best!

Name	
Email Address	
What are the biggest goals you want to achieve in the next 12 months?	
Key business / personal changes you would like to achieve?	
What is the vision you have for your life i.e. the final destination or achievement, as you see it today?	
What is the key outcome you would like to achieve from this coaching? (Please do not hold back on this question.)	