

Professional Coaching

Coaching Preparation Form

To be sent to coach 42 hours **prior to each session.**

Please answer with as much detail as you are able to provide – this will enable the coach and the resulting session to be of the most benefit to you.

HOW CAN THE COACH BE OF SERVICE TO YOU AT THIS TIME?

- 1) What is your objective for this coaching session?
- 2) In what life areas do you require support, insight, and clarity?
- 3) In which area or areas of your body do you wish to promote healing?
- 4) What are your 2 most significant issues right now?
- 5) What are your 2 most significant opportunities right now?

PLEASE TAKE A MOMENT TO ASSESS WHERE YOU ARE RIGHT NOW

- 6) How are you feeling about yourself and others in your life right now – positives and negatives?
- 7) How are you looking at your life and current circumstances?
- 8) On a scale of 1-10 (1=poor and 10 = exceptional) rate the quality of the following 10 (a-j) life areas and write a sentence or two about how you feel about it. (Disregard any that do not apply to your particular situation.)
 - a) Family -
 - b) Career -
 - c) Spiritual -
 - d) Community -
 - e) Education -

- f) **Self-Esteem/ Self Concept -**
- g) **Personal Development -**
- h) **Primary Relationship -**
- i) **Health and wellness -**
- j) **Financial -**

9) What breakthroughs & insights have you lately?

10) What new choices or decisions have you made?

11) What are you feeling incomplete about?

12) What are you feeling proud about?

WHAT IS NEXT FOR YOU?

13) What are the next new goals or projects to begin working upon?

14) Based on what you know today, what are 2 things that you can do within the next 30 days that would make the biggest difference in your life?

15) What is something you would like to do just for yourself before our next session?