

Starting point questions for self-evaluation



Please fill in and email before your first session

1. What would you like to be different in a year's time?

2. What are your main challenges currently? In your professional life? In your personal life?

3. If those changes happened for you - who would notice? What behaviours would they see?

4. Why is NOW the right time to start coaching?

5. What would be a successful outcome for the coaching?

6. Who else needs to be involved in make these changes happen?

7. How might you get in your own way?

