

## **Strong Start to Coaching**

Here are a few questions that I would like you to review, think them over and answer them as truthful as possible. Please email your answers to me ahead of our initial session. We will be going over your answers in our first session. I'm looking forward to walking beside you and discovering how you can live your best life.

1. What are you passionate about?
2. What challenges are you facing right now?
3. What three goals would you like to accomplish right away?
4. What do you expect from me as your coach and from this coaching relationship?
5. What motivates you?
6. Anything you want me to know about you that will help me coach you?
7. Have you worked with a Counselor or Therapist?
8. What are your personal and professional strengths?