

Client Contact Information

As your coach:

- I will respect our time together and keep what is spoken strictly between us.
- I will not judge you or your perceptions of the world or ideas.
- My role is not to change you or mold you into what I believe to be best.
- It is my privilege to provide awareness, clarity of possibilities and the opportunity for action.
- It is my intention to keep my word and commitments to you.
- I will bring to our discussions an open mind and heart and always hold you in a positive focus.
- We will concentrate on what is working for you and how to create more.
- I believe you have all the answers and we will work together to bring them out.

General notes: _____

Thoughts and Insights

As your coach it is helpful to have a broader understanding about your life and goals.

Answer the following questions as thoughtfully as possible.

1. Do you have long term goals, such as 1-year goals, and/or 5-year goals?
2. What accomplishments must you achieve during your lifetime that will allow you to be able to say that you have lived a satisfying and well lived life?
3. Do you have a secret passion for your life and are you willing to share it?
4. What do you consider your role to be in your local community?
5. If you could devote your life to serving others and still have the money and lifestyle you want; would you do it?

Initial Interview

The best way to ensure a successful coaching relationship is to define our intentions from the very start. My intention as your coach is to provide support to you through clear, enlightening, and non-judgmental feedback.

Initial Session Goals

1. What is the most immediate goal or objective you would like to achieve?
2. What do you want to accomplish in today's session?
3. What do you believe is the best way to manage your activities in between sessions?

Next meeting date: _____

Introductory Session Questions

As a coach it is important that I have some sense of who you are and what your interests are in order to serve you better. I have a few questions that I feel will break the ice and put us in a place that allow us to be relaxed and open with each other.

----- Personal Coaching Questions -----

1. What was the last book you read and why?
2. In general what types of books do you read?
3. Do you have a hobby, is so what?
4. How often do you engage in your hobby?
5. What was the last movie you saw?
6. What types of TV shows do you watch?
7. Do you read newspapers or magazines, is so what and why?
8. Who in your personal life do you admire?
9. Who in the media, celebrity, public figure, do you admire and why?
10. Who is the second media person you admire, and why?
11. Who was the biggest influence in your life growing up and why?
12. Who is in your current family?
13. If you had unlimited resources what would you do with your time?
14. What do you do as an occupation?
15. Do you enjoy the work? Why or why not?
16. Do you enjoy the people you work with, why or why not?
17. Who is your best friend?
18. How often do you talk to your best friend?
19. Who would you say is in your support group?
20. Do you belong to any clubs or social groups?

Peak performance comes from proper practice. As your coach I will engage you and support you to consistently strive for that peak performance.

Thank you for your cooperation and honesty.

How can I help you today?