

# Are You Ready for Coaching?

Here is a list of questions. Please take time to answer them as truthfully as possible. Mail or e-mail these to me ahead of time, so that they can be part of your initial free session.

1. Why do you want to work with a business/life coach at this time? What do you expect from the experience?
2. What do you love about your work, career, business? What are your unique strengths and talents?
3. What is your current situation regarding your work?
4. What is going well? What are you proudest of? What are you passionate about? What are you grateful for?
5. What challenges and problems regarding your small business are you currently facing?
6. What challenges and problems in your personal life are you currently facing that add to your stress?
7. Of these challenges, which need attention immediately? Which are low priority that can be corrected over time?
8. What are the 5 business opportunities that you are currently not making the most of anything of?
9. What are the 10 goals you want to accomplish in the next ninety days?
10. What should I know about you in order to best understand the challenges you face now? How can I best coach you (strong feedback, gentle encouragement, listening, direct suggestions, information, advice, accountability?)
11. What have you done in the past year that has taken you towards self-improvement? (books you have read, seminars, workshops, counseling, therapy, etc.)