

Engaging a coach - Questions to ignite thinking

Provide responses to each statement:

1 (strongly agree) to 5 (strongly disagree)

- _____ I feel that I am capable of having the life and career I really want.
- _____ I am open to experimenting with new ways of doing things in my career and life.
- _____ I am willing to be disciplined and follow through with my commitments.
- _____ I am an optimistic person.
- _____ I hold myself fully accountable for the results I create in my life.
- _____ I have a clear vision for my life and what I am committed to accomplishing.
- _____ I do well when working with others.
- _____ I live with a high level of integrity.
- _____ I am supported by the people in my life and they are committed to my success.
- _____ I am committed to my own personal growth and am willing to invest the necessary time and energy.
- _____ When I have a setback in life, I am able to bounce back quickly.
- _____ I am able to receive support and contribution from others.

What areas might I use coaching for?

What is my aim when engaging with a coach?

What was my previous experiences like working with a coach (if any)?

-Aspects I found fun

-Aspects I want different

What would I like to experience during this coaching engagement?

What part of my life is working well?

What part of my life could be working better?

What are some obstacles that keep me from achieving my goals?

What are my life values?

What is most important to me?

What is success in my opinion?

If I knew I wouldn't fail, what would I love to do?

What is my biggest fear?

What is my biggest reoccurring complaint about myself?

What are my biggest personal strengths?

What are my biggest personal weaknesses?

What else do I want to think, feel or say?