

InEssence CoachingSM LLC

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Coaching Initial Inquiries

Please take a few minutes to think about the following questions and respond briefly in the space provided. Your responses will assist us in designing the coaching relationship.

Client Name: _____

Date _____

What does it mean to you to have a fulfilling life?

What is the shift you want most in your life? What are you really committed to making happen?

What do you want from coaching right now?

What are you currently doing to honor what is most important to you?

What could get in the way of making the most of your coaching?

What energizes you?

What robs you of your energy?

What other kinds of support do you have?

As your coach, what should I know about you?

What do you need from me to feel comfortable telling me what works (and doesn't work) for you?

Do you have any physical and/or psychological conditions that I should know about?