

InEssence CoachingSM LLC

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Certified Intrinsic CoachTM

Are You Ready for Coaching?

Client Name: _____

Date _____

I can identify a gap between where I am now and where I want to be in one or more areas of my life.

- Yes
- No

I am willing to challenge myself with new ideas and new ways of approaching my life.

- Yes
- No

I am willing to invest in my personal and professional development.

- Yes
- No

I want to work with someone who will support me in achieving what I want in life.

- Yes
- No

I am willing to ask for help and support from others to speed my process.

- Yes
- No

I am committed to learning as much as I can about myself and those around me, and from my experiences.

- Yes
- No

I am willing to be honest and straightforward with myself and with my coach.

- Yes
- No

I am prepared to connect with my coach regularly and punctually.

- Yes
- No

I am prepared to be accountable for the results that I produce!

- Yes
- No