

Coaching Preview Form

Please complete this form and return it to me at least two days before our first scheduled session together. Your answers will help us to focus this session.

Name _____ Date _____

Company _____ Title _____

Street Address _____

City, State/Province, Zip/Postal Code _____

Country (if other than USA) _____

Day Phone _____ Evening Phone _____

Fax _____ Email: _____

1. What is/are your reason(s) for seeking coaching at this time?
2. What are three Life or Work goals you have for yourself at this time?
Rank them in order of priority.
3. Describe three successes you have had this past week:
4. Describe one challenge you had this week and how you handled it:
5. What one thing would you most like to achieve in our first session together?
6. What questions do you have about coaching in general, about me, or about how we might work together?