

Coaching Pre-Session Questions

I am REALLY looking forward to meeting you in our session!

If you could answer these questions before we meet (you can type straight into the document) and then send back to me at the email address at the bottom (click the link), that will really help us make the most out of our time together!

1. Tell me more about your current situation - what's going on in your life/career right now?

2. What's the biggest concern/problem for you right now?

3. What are you currently doing, if anything, to address or change this?

4. What will happen if you don't change this situation? How will it get worse if you do nothing?

5. What would progress look like specifically? What would you like to get rid of, improve or accomplish - in 12 months from now?

6. How would achieving this impact other areas of your life?

