



# GETTING STARTED

## GETTING YOUR COACH READY FOR YOUR COACHING EXPERIENCE

Date:

Your Name:

1. What is your preferred pronoun?

2. Please provide a brief description of who you are and what you do:

3. What is the “why” of your life? What purpose drives you?

4. What project, plan, or goal is currently calling you?



5. What inspires you about this?

6. What are your challenges/frustrations in this?

7. What's your edge here, what are the steps outside of your comfort zone?

8. What do you recall, about a moment when you were particularly proud of yourself (and why)?

9. What else do you want me to know about you?



10. What do you want from your coaching experience?

11. Are there specific areas you'd like to focus on (i.e. self care, emotional mastery, leadership of self)?

12. What is a good way to hold you accountable?

13. What do you wish to accomplish over your coaching experience?

14. One year from now, what do you wish to be celebrating?