



Coaching Questions

Your answers to these questions can help you self-examine your intentions and readiness to Get Coached. They can help me better determine our starting point and help to set our first strategic goal toward the success you want.

1. If you were on your deathbed and you wanted to tell your children -- or the young people to whom you are close -- the three most important things that you've learned in your life, what would they be?
2. What gives you the greatest joy, satisfaction and renewal in your life and how could you do more of it?
3. Who are you without your job, your money? Describe in detail.
4. What activities could you add to your life that would be a source of richness and joy!
5. Think of someone you admire deeply--and explain what draws you them.
6. Do you know what it is you don't know? (i.e., How to Manage Office Politics, or Write A selling Resume)
7. Is there a gap between where you are and where you'd like to be?
8. Do you have clear professional goals? What are they?
9. Are you willing/able to focus on the present (as opposed to being pre-occupied with the past or future)?
10. Are you interested in developing yourself as a person?
11. Are you about to make a critical decision pertaining to your life or career?
12. Are you ambitious? Define "ambitious".
13. Are you getting the message from those around you that you need to make some changes?
14. Are you willing to work extremely hard on a specific focus for a temporary period of time?
15. Do you have time and resources to invest in your future? If so, how much of each?
16. Can you make sense of this concept: It's not what you're not doing that has kept from your goal(s)? It's what you are doing that blocks you from achieving the success you desire that your coach will help you identify and change.