

Intro-to-coaching-Intake-1

The following questions are designed to get you thinking about yourself in the context of your life and your career. It will also tell me a little bit about yourself and your goals.

1. What percentage of your life do you own?
2. If you could do anything without regard to money or other dependencies, what would that be?
3. Do you view your career as an extension of you, a vehicle that enables you to express yourself? Why or why not?
4. If life is empty and meaningless and therefore filled with infinite possibility, where your past has no bearing on your future, what possibilities do you see inventing for yourself and your life?
5. What are your 5 core values?
6. From your list of 5, what are the two to three strongest?
7. From the list of 2-3, what is the strongest value?
8. What are 5 of your strengths? Describe an event that highlights each strength that you've chosen.
9. What are 5 of your shortcomings? Describe an event that highlights each one that you've chosen.
10. Name 3 defining moments in your career that produced an acknowledgement of your skills.
11. Name 3 defining moments in your career that produced an insight into an area that you needed further development.
12. What 3 goals would you like to work on during our coaching sessions?
13. How will you know that our coaching sessions were a success?
14. How do you know that you are coach-able?

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15. Write down in bullet or brief format the following results:

Visualize your perfect work environments. Imagine yourself coming in to the office. What does the building/front door look like? Are you at home or do you drive to the office? What time of day is it? Did you have time to exercise and eat breakfast before you arrived or do you plan on eating/exercising later? Are you alone in your space or do you have other employees/partners surrounding you? Imagine what it feels like to walk over to your desk. Now take a deep breath as you move towards your chair to let the day begin. Seated at your desk, you look around your office space. Do you have a view? If so, take a 365 degree snapshot of it. You may want to find a similar photo of it to place near you to remind you of the perfect view you are imagining now.

Imagine turning on your computer. What type of work do you handle? Imagine you receive an email from your ideal client. Who is that ideal client? Take a second to review the characteristics of that client. What are your co-workers and CEO like? Take time to define some of their characteristics.

You've been working awhile and not noticing that the time is flying by and it's almost time to go home. Imagine what time of day it is. Is it still light out or dark? Now just think back on the activities that you performed that day. Feel the satisfaction of doing your best in your best environment. Describe that feeling. When you are ready, turn off your computer.