

Curious about what coaching entails?

This is a place to start.

While sessions are unique to each individual example questions are a place for you to begin to explore your personal journey.

Use these questions to determine what path you want to take or the the next best steps.

Or, uncover what may be holding you back.



Example Coaching Questions

These questions are to stimulate your thinking and make our work together *more productive*. And because the personal affects business and vice versa, there is a page of business-focused *and* a page of personal-focused pondering questions. It's helpful to answer each of these questions as clearly and thoughtfully as possible, although a short answer – a couple of words or sentences - is usually enough.

Business Focus

1. Do you have a clear vision or mission statement? If yes, what is it? If no, what do you consider to be the role of your business in the world?

2. What have been the *biggest* successes of your business so far?

3. What challenges are you *currently* facing in your business?

4. If you had 3 *absolutely key* goals for your business, what would they be?
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5. What STRENGTHS will help you achieve these goals?

6. If there was a change you would secretly like to make to your business, what would it be?

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Personal Focus

1. What do **you** want to get out of coaching?
2. What does success mean to you?
3. What is a moment you are most proud of?
4. What are your personal values? How are you different at work from home?
5. What in your life have you not yet accomplished that you must?
6. How specifically do you release stress? What do you do to care for yourself on a regular basis?
7. If there was something you had given up on in your life - what would it be?