



## *Client Profile*

Name: \_\_\_\_\_

Name you prefer to be called by: \_\_\_\_\_

Titles you are called by: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

1) What is best about yourself? List five things that you love about yourself.

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2) What is the compliment or acknowledgement that you hear most often about yourself?

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3) How well do your current roles fit or not fit with your purpose and natural strengths?

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4) What activities have meaning and heart for you?

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5) Right now I feel the greatest sense of need for....

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6) What approaches encourage or motivate you?

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7) How will you know you are receiving value from this coaching relationship?

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## ***IDEAS FOR GETTING THE MOST OUT OF THE COACHING RELATIONSHIP***

1. Make a list of what you really want in your work and personal life. Coaching fosters the realization of extraordinary results when you have a clear vision and goals, which are based on your values.

2. Expand your level of willingness. Experiment with new ideas and be open to redesign the parts of your life that no longer serve you and your vision. Be willing to:

- Change your behavior
- Experiment and try new things.
- Remove sources of stress in your life.
- Redesign how you spend your time.
- Create a vision and goals that are bigger than you've allowed yourself..
- Start treating yourself better.
- Re-look at the assumptions and decisions you've made.
- Get the support you need to handle the obstacles to realizing your potential.
- Raise your personal standards.
- Identify comfort zones in which you are stuck.
- Be willing to step into areas of discomfort.

3. Come to the coaching session prepared, with an agenda. We have a set amount of time together, so you will want to have an idea of things you want to share and discuss in order to get what you want from the session. I have a coaching call prep form that I can send you. This form is a tool for you and your preparation. Let me know if you are interested in the prep form and I can email it to you. The prep forms prompt you for things like:

- Successes and wins you've had since our last session.
- Challenges you've faced and how you've handled them.
- Opportunities you're attracting.
- Shifts or new awareness that energizes you.
- The outcome you want for this coaching session.
- What you see as the next thing to work on.

4. Do your fieldwork each week. Based on our coaching conversations, we will identify fieldwork consisting of tasks, actions, results or changes you commit to complete before our next conversation. The fieldwork is designed to keep you in action, always