



Coaching Discovery Questionnaire

To make the most of our time consider the following reflective questions. What you communicate will be completely confidential and will not be shared with anyone other than with you and Elaine. The only “right” answer to these questions are your honest thoughts. They will help me get to know you as we start our coaching journey together.

Name: _____ Date: _____

Email: _____ Phone: _____

1. What are you most proud of having accomplished?

Personal:

Career:

2. What is your unique superpower?

3. Think about one or two people you know who really inspire you. What about them is inspiring?

4. What are your personal and professional goals over the next year and over the next five years?

5. What's getting in the way of you accomplishing them?

6. What 3 things would you really like to accomplish in the next 90 days, as a measure of whether this coaching relationship is going to deliver value to you?

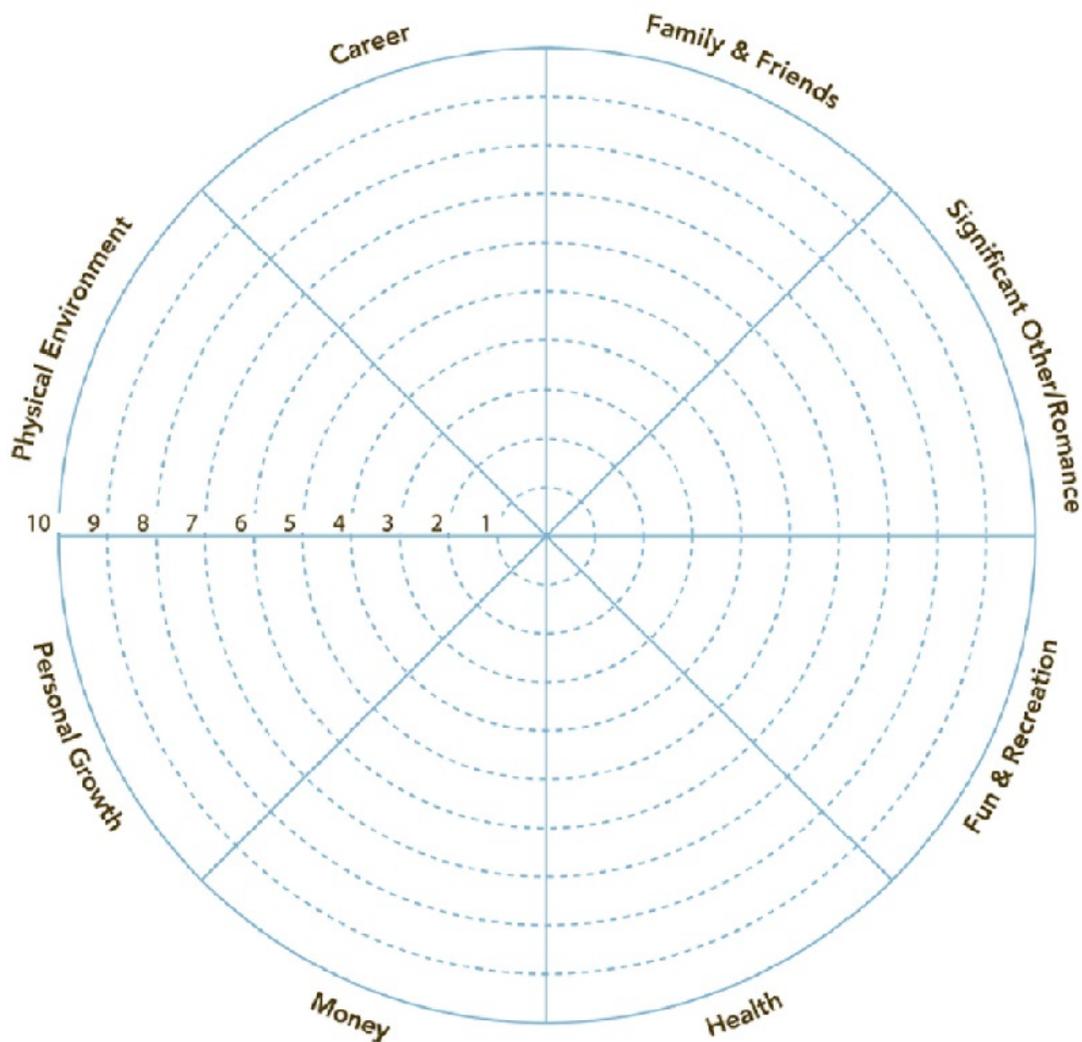
7. What would you be willing to change in order to accomplish those 3 things?

8. Thinking about your interaction with your team (if applicable), what do you, as an individual, think you should do to increase the effectiveness of the team?

The Wheel of Life – Finding balance in your life

When life gets busy, or your energy is focused on a special project, it's easy to find yourself off balance. While you need to have the drive to focus to get things done, over focusing on one or two areas can lead to frustration and intense stress. Taking a helicopter view of your life can help bring things back into balance.

This tool is a powerful tool that provides a vivid visual representation of your current reality. Please consider each area of your life and rate your level of satisfaction in each of the 8 areas on the Wheel of Life. Zero means not satisfied, ten means highly satisfied. Take some time to explore how you feel about your results. What would be the ideal level of attention in each area for you? We will revisit your satisfaction in each area at the end of our 5 coaching sessions.



Please complete prior to your first scheduled coaching appointment and return by email to evolvecoachconsult@gmail.com