



# Inspired Coaching

Growth • Success • Fulfillment

Dear new Client,

As your coach, it is important for me to understand how you view the world in general and yourself in particular. Every person has their own unique and particular ways of interacting with their surroundings.

These questions will hopefully provide me with a means to understand you and your current situation closely and will enable me to coach you better: to bring out the best in you and help you clarify how or why you do the things you do and to discover new ways forward.

Please take some time to answer these questions. They are designed to be “mulled over” and to stimulate your thinking on thoughts, beliefs and events that may have been automatic in the past.

**What is it that currently occupies the majority of your professional time and effort? What do you do during a normal working day?**

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**What do you want from your work-life?**

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**What skills or knowledge are you developing?**

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**What are your key job/performance goals?**

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**How does what you do professionally contribute to achieving personal goals?**

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**If you could change some aspects of your professional situation what would you choose to change?**

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**What do you consider your greatest achievement so far?**

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**What activities have meaning and heart for you?**

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**Do you know your preferred style of learning? If so, what is it?**

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**How do you find you are best motivated? Internally? Externally? Both?**

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**What do you believe to be your most important values? Do you believe you are living congruently with these values?**

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**How do you respond when you are in a challenging situation?**

**What three steps could you take immediately that would make the greatest difference in your current situation(s)?**

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## **GOALS**

**What are your current top 5 goals, either short or long-term?**

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## **CHALLENGES**

**What are your top 5 challenges at the moment?**

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## **COACHING**

**What are your major objectives or gains you wish to achieve from coaching?**

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**What can I say or do when you are "stuck" that will help you return to action?**

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**How do you want me to be as your coach?**

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**We want you to get maximum benefit from your coaching experience. This is determined by our beliefs we have about coaching and its ability to**

**contribute the quality of our life. What do you need to believe for coaching to have the biggest impact on your life?**

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**What, if any, expectations do you have of our coaching together?**

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**What else would you like to say?**

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I look forward to assisting you to make positive changes that will enable you to live the life you deserve.

Warm regards,

**Christiane Hille**

Transformation and Performance Coach