



Helping you lead an intentional life.

Date _____

Individual Client Interview – Getting to Know Who You Are

As a coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Please answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" question designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take several days to compose your responses to these questions. Thank you.

1. Describe a "peak" experience in your life, one that you remember as having particular impact, significance, or emotion.

2. What brings you to coaching?

3. Tell me how your best friend would describe you – both good and bad.



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4. Where do you want to make a difference in your life?

5. What do you value most in your relationships with others?

6. What works for you when you are successful at making changes?

7. When you get stuck, what do you do? What motivates you to keep going?

8. What gets in the way of you achieving your dreams?

9. What's missing in your life? What would make your life more fulfilling?

10. How do you deal with disappointment or failure?



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11. What will make your investment of time, energy, and money in this coaching relationship worthwhile? What outcomes? What inner experiences? What will motivate you to keep moving (or stop moving) when times get tough?

12. List the ten most important things in your life: