



Pre-coaching Questions

These questions are in total confidence between you and me. So please answer them as truthfully as you can, as when this happens more progress can be made for your personal development. Please only write as much as you need to, which will aid your thinking and we will discuss this at our first session.

What do you do best inventory

1. What part of your work / life do you most enjoy?
2. In a working relationship with you, what is it that your customers and manager are getting?
3. Likewise in a personal relationship with you, what is it your family / friends are getting?
4. What are you really projecting out there? (What makes you unique?)
5. Why should people like working with you / socialising with you / being with you?
6. What's one good reason?
7. What aspect of your life gives you the greatest sense of joy and accomplishment?
8. What were you doing when you were having the most fun at home / work?
9. What do you look for in a career that gives you a sense of a job well done and personal satisfaction?
10. What would you like to gain the most from our sessions?

Thank you!