

Welcome!!!

Dear

I am delighted to accompany you in this journey and look forward to coaching you toward having an even more fulfilling life and reaching your goals in your life.

Please provide me with your email address so that I can send you the invitation link for the first session.

Below you will find three parts, which I kindly ask you to complete/answer and send me back before our first session.

- Client Profile: Personal Information
- Designing the Alliance: Terms of our coaching alliance. We will talk about it in our next session.
- Discovery Questions: These are 'pondering' questions designed to stimulate your thinking in a way that will make our work together even more productive.

Designing the Alliance

- Each coaching session is 75 minutes. We can start with bi-weekly sessions.
- We do the sessions via Google Meet, starting from
- If we need to reschedule, we'll give each other at least 24 hours' notice.
- What we talk about is between us and stays confidential.
- You'll get the most out of our time if you think about what you want to work on ahead of time. But feel free to talk about anything that comes up during our sessions.
- I'm here to help you grow, with questions and support. My experience in psychology and HR consultancy might lead me to give you tips, but the focus is on your future. You set the pace, and I'll cheer you on.
- Sometimes I might challenge you. Tell me if I push too hard.
- We'll set up our alliance from the start and can change it anytime. Just let me know if you want to change anything.
- If you decide to end our sessions, give me 1 month's notice so we can wrap things up properly.

Discovery Questions

Before we start, I need to know your perspectives. Answer these questions as thoughtfully as you can.

Take a few days if needed, but send them back at least 2 days before our first session.

1

What do you want to achieve in life to consider it fulfilling?

2

What are your dreams?

3

Describe an image or object that represents the life you want.

4

What's missing in your life that would make it more fulfilling?

5

How do you limit yourself?

Discovery Questions

6

What activities are meaningful to you?

7

What needs in the world do you feel called to meet?

8

What unique contributions do you make? What is the identifier for you?

9

What tips would you give me to coach you effectively?

10

What would make this coaching exceed your expectations?

11

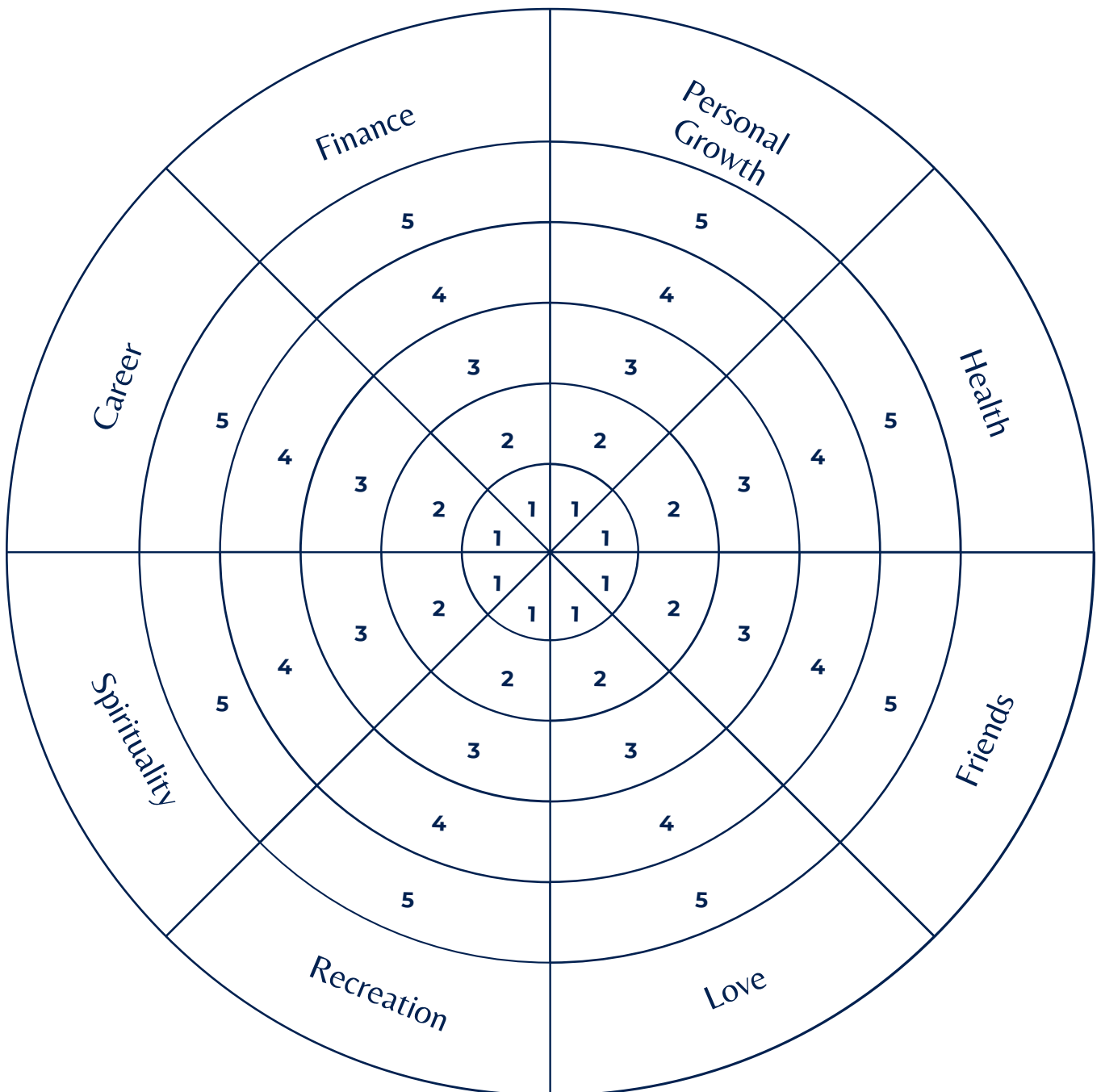
Is there anything else you want me to know about you?

The Wheel of Life

How to use this template?

This exercise is designed to take a snapshot of the current situation across a variety of categories. This way you have an idea of what you're happy with and what needs some extra work. The way you do this is simple - First, just give a rating from 1 to 5 in each category, one being you're totally unsatisfied, and five means that you're over the moon.

Then on the next page, fill out what you're happy with and why and what needs some work and improvement. You can quickly write down ideas that come to mind to improve the situation.



The Wheel of Life

Career

Finance

Friends

Love

Personal Growth

Health

Recreation

Spirituality

Priority Areas

Define 3 primary goals that you would like to achieve through this coaching journey.

Write a simple title and a definition of a measurable outcome.

1

2

3