
Questions for First Coaching Session

Write whatever comes to you. Your answers will help me get to know you and tailor the coaching to your needs. Please email me your answers by 24 hours before our first session.

SUBMIT

When finished, click here to email completed form to Lucy.

1. What brings you the most satisfaction in life?
2. What change in your life would make the biggest difference?
3. What was the turning point that led you to decide to start coaching?
4. What is your goal for the coaching?
5. If you consider yourself to have a spiritual life, how do you describe it, in brief?
6. If you have any concerns about coaching, what are they?
7. How will you know that coaching has been worthwhile for you?
8. How can I as your coach be most helpful to you?