

Your goals

Working with a coach usually generates accelerated personal growth. Most clients use a coach to accomplish several specific goals.

1. What are the 1-3 most important things you'd like to accomplish as we work together over the next 90-180 days? Please be specific.
2. What changes in you need to take place so you can accomplish these objectives?
3. What, if anything, is likely to get in the way or prevent you from accomplishing any of these things?
4. What's the most important thing you need from me as we work on these objectives?