

**Questions to Consider before your first Coaching session**

Name: Date:

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| What would I like to accomplish in my first session of coaching? |
| The areas and current challenges that I want coaching to assist with are: |
| Two things that I don’t look forward to doing at work are: |
| Three things that I really value and appreciate about my work: |
| Three things that I really value and appreciate about myself. |
| Two ways in which I sometimes limit my own success or effectiveness: |
| How can my coach be most helpful to me in achieving my goals? |
| Is there anything else I would like my coach to know about me? |

You may wish to bring this completed form to your first coaching session or complete it as part of the first discussion. Thank you.