

Full Name: _____ Date: _____

Mobile: _____ E-mail: _____

Name of Business: _____

Website (business): _____

Website (personal): _____

Time zone: _____

Due to the time zone and working hours limitations, unfortunately, I can only accommodate clients located in GMT plus/minus 8 hours.

It's important for you and your coach to understand how you view the world in general and yourself in particular. What's precious about you is your uniqueness. Please, take your time to let it shine through.

Although it may seem like a long questionnaire with many 'pondering' questions, there is a method to the madness. It's designed to stimulate your self-reflective thinking and provide clarity. It also intends to give you a taste of what coaching is like and whether it's something you may find beneficial.

I suggest you take time to compose your responses to these questions. Please, answer each of these questions as clearly, honestly, and thoughtfully as possible, expressing your true self. With or without coaching, you will undoubtedly find it useful.

Thank you for investing time in yourself.

Please be reassured your answers are confidential.

PART 1 - GETTING TO KNOW YOU

- HOW AMBITIOUS ARE YOU?

- WHAT'S YOUR BIGGEST DRIVER?

- WHAT'S YOUR PERCEPTION OF A CHANGE?
- HOW WILL YOU DESCRIBE YOUR ATTITUDE TOWARDS A CHANGE?

- HOW DO YOU DESCRIBE YOUR TYPICAL REACTION TO A LIFE CHALLENGE OR A SETBACK?



PRE-COACHING SELF-REFLECTION FORM

- WHAT COMES TO MIND WHEN YOU HEAR 'EITHER WE WILL FIND A WAY, OR WE WILL MAKE ONE'?

- IF YOU HAD A LIFE MOTTO, WHAT WOULD IT BE?

A life motto is like a personal slogan - a phrase or sentence - that you can live by to improve your life. It can empower you to keep moving or stick to your guns when things turn challenging, e.g. 'Be the change you wish to see in the world.'

- WHAT COMES TO MIND WHEN YOU HEAR THE WORD 'AUTHENTICITY'?

- IMAGINE A WORLD WITHOUT SOCIETAL RULES, EXTERNAL EXPECTATIONS, AND MEDIA CONDITIONING. A WORLD WHERE ALL PEOPLE ARE LIKE YOU, SHARING YOUR BELIEFS, INTERESTS, AND INSPIRATIONS. A WORLD WHERE EVERYONE, INCLUDING YOURSELF, IS EXACTLY WHO THEY ARE WITHOUT PLAYING ROLES OR BEHAVING ACCORDING TO COMMON EXPECTATIONS. WOULD YOU PLEASE DESCRIBE THIS WORLD AND THE PEOPLE IN IT?

- WHAT ACCOMPLISHMENTS MUST, IN YOUR OPINION, OCCUR DURING YOUR LIFETIME SO THAT YOU WILL CONSIDER YOUR LIFE SATISFYING AND WELL LIVED - A LIFE OF FEW OR NO REGRETS?

- WHAT'S MISSING IN YOUR LIFE? WHAT WOULD MAKE YOUR LIFE MORE FULFILLING?

- LIST UP TO 5 THINGS YOU FEEL YOU ARE 'PUTTING UP WITH' RIGHT NOW.



- WHAT ACTIVITIES HAVE SPECIAL MEANING FOR YOU? WHAT DO YOU ENJOY DOING IN YOUR FREE TIME?

- WHAT IMPACT WOULD YOU OR YOUR BUSINESS LIKE TO MAKE IN YOUR COMMUNITY, COUNTRY, OR WORLD?

- HOW DO YOU WANT TO BE REMEMBERED?

PART 2 - GETTING TO KNOW YOUR EXPECTATIONS

- WHAT ARE YOUR EXPECTATIONS FROM COACHING?

- WHICH PROGRAMME ARE YOU INTERESTED IN?

You Empowered	<input type="checkbox"/>	Effortless Strategy™	<input type="checkbox"/>
Creativity Unleashed	<input type="checkbox"/>	Effortless Leadership™	<input type="checkbox"/>
Three Freedoms™	<input type="checkbox"/>	Profitability Flow™	<input type="checkbox"/>

- WHAT QUALITIES, BEHAVIOURS OR BUSINESS PERFORMANCE INDICATORS WOULD YOU LIKE TO STRENGTHEN, ACQUIRE, WEAKEN, OR ELIMINATE?

First, rate how vital making attitudinal, behavioural or business change is to you in each relevant area. In the second column, please rate your current confidence level in changing these areas. Please, don't worry - you don't need all lines filled in. If it's only one area you would like to work on - it's already a huge step forward.

You can choose any rating from 1 to 10 following the guidelines below:

IMPORTANCE OF CHANGE RATING:	CONFIDENCE IN CHANGE RATING:
1 = not important at all	1 = not important at all
5 = somewhat important	5 = somewhat confident
10 = extremely important	10 = extremely confident



PRE-COACHING SELF-REFLECTION FORM

QUALITY / BEHAVIOUR / BUSINESS PERFORMANCE INDICATOR	IMPORTANCE	CONFIDENCE
WEAKEN/CEASE:		
WEAKEN/CEASE:		
WEAKEN/CEASE:		
STRENGTHEN:		
STRENGTHEN:		
STRENGTHEN:		
ACQUIRE:		
ACQUIRE:		
ACQUIRE:		

- WHAT WILL IT MEAN TO YOU TO ACHIEVE IT?

- WHAT HAVE YOU ALREADY DONE TO ACHIEVE IT (BEYOND CONSIDERING COACHING)?

- WHAT THREE STEPS COULD YOU TAKE IMMEDIATELY THAT WOULD MAKE THE GREATEST DIFFERENCE IN YOUR CURRENT SITUATION(S)(BEYOND CONSIDERING COACHING)?

- AND AS A PIECE OF HELPFUL INFORMATION, DON'T YOU MIND LETTING ME KNOW HOW YOU LEARNED ABOUT THE EFFORTLESS COACHING PRACTICE?

NEXT STEPS

Thank you for filling out the form. Please share your answers with me.

If I am certain I can help, I will then send you the link for booking a 30-minute Chemistry call. Otherwise, I may refer you to another coach or recommend helpful resources relevant to your challenge.



PRE-COACHING SELF-REFLECTION FORM

During this 30-minute conversation, I will introduce you to deep coaching methodology and pillars, so you can ensure I am the right coach to answer your needs and expectations. You will also have an opportunity to ask questions to learn more about me, the practice, programmes, and methodology.

I genuinely want us to succeed. By introducing multiple touch points, I aim to give you enough time to let you feel comfortable about making your coaching decision and accepting me as your coach.

Effortless Coaching Practice is committed to protecting and respecting your privacy, and we'll only use your personal information to enhance your coaching experience and to provide the services that answer your particular needs.

If you consent to us storing your personal data for this purpose, please tick the checkbox below.

I agree to allow Effortless Coaching Practice to store and process my personal data.

Full Name: _____ Signature: _____

