



START UP INFORMATION

The following items constitute some preliminary information that will assist me in understanding you and your requirements. Keep a copy for yourself, and then send one to me, preferably as an attachment by email to poyntonk@iinet.net.au If you need more space, please continue onto another page.

Coachee Name :

Date:

What are three topics or goals or changes in your life (personal and/or professional) you most wish to receive coaching in?

1.

2.

3.

What major shifts/leaps/changes do you believe you need to make in the next six months?

What are your top 5 accomplishments, thus far, in your life?

What have been your main disappointments?

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Coachee Name :

Date:

What motivates you?

What do you consider to be your special strengths?

What are some of your healthy sources of energy?

What are some of your unhealthy sources of energy?

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What does success mean to YOU?

What concerns and/or challenges have taken most of your attention during the past year?

Why is this the right time in your life to start a coaching relationship?

What else would you like me to know? Concerns? Special requests?
