
YOUR PROFILE

To prepare for our first meeting, please take time to ponder and then answer the following questions. They are intended to begin the process of inquiry, reflection, learning, and forward movement.

About Your Self

1. What are you most proud of?
2. What has been your biggest disappointment?
3. How would you describe your satisfaction with your life direction so far?
4. What words describe how you feel about your career?
5. What is the compliment or acknowledgment you hear most often about yourself?
6. What dream of yours is still unfulfilled?
7. What words describe you at your best?
8. What words describe you when you are at less than your best?
9. What activities have meaning and heart for you?
10. Imagine you can have one wish fulfilled. What one thing would you change?

About Coaching You

1. What will make this coaching relationship rewarding for you?
2. What approaches encourage or motivate you?
3. What approaches discourage or de-motivate you?
4. How will you know you are receiving value from this coaching relationship?
5. When you are most “stuck,” what can I say that will return you to action?
5. What else would you like me to know about you?

Please fill in the following questions if one of the goals of this coaching includes our career and professional life.

Job

1. What do you want from your job?
2. What projects are you leading?
3. What are your key job goals?
4. What skills or knowledge are you developing?
5. How do your job goals support your personal goals?
6. What else can you do to advance the company's objectives?

Personal

1. What do you have to contribute that is unique?
2. What special knowledge do you have?
3. What do you believe in?
4. What do you do when you're really up against an obstacle or barrier?
5. What activities have meaning and spirit for you?
6. What needs in the world are you moved to meet?
7. What two steps could you take immediately that would make the greatest difference in your current situation(s)?

Dr ADRIANA T CANDEIAS

Health and Life Consultancy

www.adrianacandeias.com
mail@adrianacandeias.com
+44(0)7973785901
