

5. What can I say to you when you are stuck that will help you move forward?

6. What changes in your life need to be made to help your coaching be successful?

Career

1. What do you want from your career?

2. What key projects are you involved with?

3. What skills or knowledge are you presently developing?

4. What are your key career goals?

5. What do you want to do to support your career goals?

6. What do you need to change to help your career move forward?

7. How do your career goals support your personal goals?

Personal

1. What special interests do you have?

2. What special knowledge do you have?

3. What do you believe in strongly?

4. Tell me about a time when (at work or play) you were operating in a peak performance, when things were going really well or when you were very pleased with what you were doing or accomplishing. Please, do not be humble please. What was going on? Who was involved? What feelings did you have?

5. What do you do when things get stressful?

6. What activities have special meaning for you?

7. What vision do you have for your life?

8. Tell me about your family and personal life:

9. Tell me about significant events in your life:

THANKS!