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Initial coaching appraisal

How is the session organised?

The purpose of this session is for you to experience coaching. Is coaching for you? And do we feel that we will work well together? This session will give us the chance to answer those questions.

The session lasts for 45 mins. The aim is to start raising your awareness around the area you have chosen to focus on.

At the end of the session if we both feel we are a fit then we can organise the next session to set the foundations for the coaching relationship and the goals that you want to work on.

Preparation questions

Onto the questions that will help both of us prepare and be focused for the session. The questions give you the space to explore yourself. I use the information you provide me with to get a deeper understanding of who you are, what drives you and what you want to create in life. When thinking and writing about the questions below above, let yourself enjoy the process. Use it as an opportunity to explore some areas of possibility that you perhaps haven't done in a while. All information will be treated as strictly confidential.

1. What ten things do you feel I should know about you?

2. What in life is most important to you?

3. What things give you enjoyment? And what makes you enjoy them?

4. What are your biggest achievements in life so far? And what are the beliefs, strengths, patterns of behaviour that you are aware of that enabled those achievements?

5. If we were to work together on an on-going basis, what would you like to be coached on? To answer this question don't only consider your goals and dreams but also think about what you really really want, who you are becoming, a personal quality you want to develop and the stretch you are now ready for. **(Consider responding from the standpoint of expanding your capacities, rather than fixing faults.)**

a)

b)

c)

6. In your wildest dreams, what would you like to bring forth or leave behind?

7. What moods or emotions arrive “with” these intentions or goals you are considering?

8. What are the biggest challenges you face in reaching your goals? And what patterns of behaviour are you aware of that could (or do) hold you back?

9. What are 3 things I should know that would help me be a great coach for you?

10. What particular challenge or issue do you want to be coached on in this session?

11. Any questions you'd like me to answer during our session?

Thank you.