

What Brings You to Coaching?

Name:

Date:

Explore Your Focus Areas

1. Identify up to 3 preliminary areas you want to focus on during our coaching relationship. Write a simple heading.
2. Fill in preliminary indicators of success ("I'll know I have succeeded when:") To help you, try answering the question: *"How specifically would you like your (leadership, work, or life) to be different after coaching?"* Do your best to be specific, and to include some measurable results that indicate success.

**Caveat: As we do more assessment and learning, your focus areas may shift!
But this exploration starts us on our way.**

Area 1	(Fill In)
I'll know I've succeeded when...	(Fill In ideas on goals and outcomes.)

Area 2	(Fill In)
I'll know I've succeeded when...	(Fill In ideas on goals and outcomes.)

Area 3	(Fill In)
I'll know I've succeeded when...	(Fill In ideas on goals and outcomes.)