



Kaleo
Coaching

(All personal information is confidential and will be treated appropriately.)

Client Information

Name _____

Name you prefer to be called _____

Organization/School

Job title or responsibility area

Contact Information at Home

Telephone _____

Cellular _____

E-mail _____

Personal Information

Birthday

Other important information

Initial Questions

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 Life and Career

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?

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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. What else would you like me to know about you?
