

Serenity Coaching

Executive and Life Coaching

Individual Client Interview

Name _____

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Serenity Coaching

As your coach, It's important for me to understand how you view the world in general and your elf in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are “pondering” questions designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take several days to compose your responses to these questions. Thank you.

1. What accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived – a life of few or no regrets?

2. If there were a secret passion in your life, what would it be?

3. What do you consider your role to be in your local community?

4. If you could devote your life serving others – and still have the money and lifestyle you need – would you do it? How would it look?

5. If you trust your coach (that's me) enough to tell me how to manage you most effectively, what tips would you give?

6. If you had a five-year goal and you had the continuing services of a coach to help you make it happen , what would that goal be? What difference would working with a coach make?

7. What's missing in your life? What would make your life more fulfilling?

8. Do you believe in God or in the concept of higher power? If so, describe the most useful and empowering aspects of your relationship with God. If not, what reference point do you use?