# A Snapshot of You: Tell me about yourself

|  |  |
| --- | --- |
| Your work: |  |
| Your career goals: |  |
| Your work-related successes: |  |
| Your family/personal life: |  |
| Your interests and hobbies: |  |
| Your work/life challenges: |  |
| How do you learn best: |  |
| What brings a smile to your face: |  |
| If someone who knew you intimately were to describe you, what three words might they use: |  |
| What one to three things are you most tolerating or putting up with in your life: |  |
| If you could have more of ONE thing in your life right now, what would it be: |  |

# Self-Awareness: Tell me about yourself

|  |  |
| --- | --- |
| Your strengths: |  |
| Your developmental areas: |  |
| Your current development goals: |  |

# Your Values Profile

|  |  |
| --- | --- |
| What do you think is your purpose in life?  |  |
| In what specific ways do you express your purpose in your life?  |  |
| If your life could stand for one word what would that word be?  |  |
| How much importance do you place on the role of values in your life?  |  |
| What are your top five personal values?  |  |
| Of these five values, which is the most important value for you?  |  |
| What would your reaction be if your values were not being honoured? |  |

# Your Ideal Life:

|  |  |
| --- | --- |
| If you had your “ideal life”, what would it look like?  |  |
| If you had your “ideal day”, what would it look like?  |  |
| What is your definition of success?  |  |

# Personal Barriers: Assuming all human beings have some way of holding back. Which is your favourite method? Choose one to three:

|  |  |  |  |
| --- | --- | --- | --- |
| Procrastination | Tolerating | Having to be in control of life/people | Acting as a “lone Ranger” |
| Indecisive | Not saying “No” | Other: | Other: |

# Your Life Balance Profile

Please rate your level of satisfaction from 1 to 10 (10 being the highest level) in the following areas:

|  |  |  |
| --- | --- | --- |
|  | Rating (1 to 10) | Comments |
| 1. Personal growth/development
 |  |  |
| 1. Health/fitness
 |  |  |
| 1. Spirituality/faith
 |  |  |
| 1. Career
 |  |  |
| 1. Friends/family
 |  |  |
| 1. Finances
 |  |  |
| 1. Fun/recreation
 |  |  |
| 1. Community/volunteer
 |  |  |
| 1. Personal “You” time
 |  |  |

# Your Ideal Coach:

|  |  |
| --- | --- |
| How would you describe your “ideal” coach?  |  |
| What other coaching and/or mentoring relationships have you had?  |  |
| What made them effective?  |  |
| Is there anything about them you would have liked to be different?  |  |

As your coach…what could I bring that would be most valuable to you? Choose one to three and highlight:

|  |  |  |  |
| --- | --- | --- | --- |
| Challenge | Accountability | Focus | Support |
| Inspiration | Direction | Sounding board | Ideas/brainstorming |
| Validation | Mentor | Advice | Strategies |
| Other: | Other: | Other: | Other: |

# Our Partnership

|  |  |
| --- | --- |
| What do you think will be your role in our collaboration?  |  |
| What is the most empowering and helpful thing that I can do for you during our sessions? |  |
| How do you think the changes you make as a result of our working together will affect others around you?  |  |
| To serve and challenge you most effectively, what tips would you give me? |  |
| Which coach approach would you like me to use? *Example: challenging, nurturing etc*  |  |
| How will you evaluate our progress? |  |

#### Your Primary Focus

Identify one to five areas that you want held as your main focus during our coaching relationship towards developing as an effective coach and your own coaching journey.

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

#### Additional Comments

|  |
| --- |
|  |