

## Readiness for Coaching Assessment

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MindfulGuidance – Coaching & Counseling

In order to help you prepare for our coaching alliance, please take sufficient time to reflect and respond to the questions that follow. These are completely optional, but will assist me in helping you achieve your desired results more efficiently. If there is anything I haven't asked about that you would like to offer, please feel free to include that as well, on the back or different sheet.

What do you want to get from the coaching relationship?

What is the "best" way for me to coach you most effectively, what tips would you give to me about what would work best?

Do you have any apprehension or pre-conceived ideas about coaching?  
Please share.

What are 3 things you would like me to know about you?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What accomplishments or events must, in your opinion, occur during your lifetime to consider your life satisfying and well lived?

Why do you want to improve in golf + what motivates or inspires you?

What is (or might be) a secret passion in your life? Something you may or may not have allowed yourself to do so far, but which you would really love to do.

What unique gifts or knowledge do you have to contribute?

Please describe what gives you a sense of purpose in life?

Besides golf, what activities have the most meaning for you?

What's missing in your life, the presence of which would make your life more fulfilling?

What is your typical response when you are really up against the wall?

Please describe your lifestyle and what you do to be healthy and well.

Please describe any health challenges that you currently experience (major concerns as well as just bothersome things like headaches, insomnia, etc.)

What do you do to reduce stress in your life, or to counter-act the effect of stress in your life?

What do you do in your life that brings you happiness and joy? How often do you do this? What, if anything gets in the way?

Why are you choosing this point in time to begin or continue coaching?

How ready and willing do you feel about accepting suggestions, making changes, practicing, and trying new things?

Somewhat reluctant   Not sure   Sort of ready/willing   Raring to Go!

Who or what will likely present the most support for you to apply what we address in our sessions?

Who or what will likely present the most challenge or opposition toward your efforts?

How easy or challenging is it for you to reach out and ask for help/support?

Very difficult   Difficult   OK   Fairly easy   Easy   I excel!

Anything you'd like to ask, suggest or share further?

Thank you so very much for your openness in sharing about yourself!

