Thank you so much for taking the time to reach out. This is the first step toward changing your life! Finding someone to help you navigate the waters of life can be an intimidating endeavor. I’m honored that you would consider working with me, and I take this very seriously.

I have very specific parameters for who I believe I can add the most value to. Part of my process for uncovering if you’re the right person for me to work with and if I’m the right person to work with you is having one or two conversations to see how we interact. The following questionnaire is the first step in that process. Please take as long as you need to answer these questions and send them back. Remember this is not a test, there are no right or wrong answers. All of your responses will be confidential. This is an opportunity for me to discover a few things about you before we speak, so that our time on the phone will be the most valuable that it can be. You can return this to coachingwithluke@gmail.com

Describe your aspirations and/or goals?

Where do you want to get value from working with me?

Have you participated in coaching before?

If yes, what did you enjoy about coaching? What did you find valuable? What could have been better?

How do you perceive your role in the coaching process?

Do you feel that clients or players enrich or add value to the lives of their coaches? How do you see yourself adding value to the life of your coach, as your coach adds value to your life?

What is going well in your life?

What do you wish was going better?

Imagine yourself 10 years from now, what does life look like? Where are you working? Living? What is going well in your life? How is it different from today? How are your relationships?

I believe that successful coaching relies on a mutually respectful and beneficial relationship built most importantly on trust. Trust is something built over time. For our coaching to be successful I believe we need to enter into our relationship with a pre-determined time commitment made. Assuming we are a good fit how much time are you prepared to commit to changing your life through coaching?

1. One Month
2. Three Months
3. Six Months
4. Nine Months
5. One Year
6. I am not prepared to make a commitment. If you answer (f) take a few moments and ask yourself why you are hesitant about committing to developing a potentially life changing relationship.

Tell me about the books/podcasts/resources have inspired you to make changes in the past? What topics or ideas really get you excited?

How motivated are you to change? Would you be willing to totally change your life (job, relationships, sleeping habits, eating habits, etc.) if you knew you could achieve your goals?

What barriers do you face that keep you from achieving your goals?

How has answering these questions made you feel? Did you feel stress or pressure as you answered? Did you feel like you had to get the answers right? What was more important, being authentic and raw, or sounding right and “put together?”

Tell me about the specific area of your life you would like coaching in (e.g. career, positive habits).

Coaching with me is an investment of $150/month for three coaching calls lasting up to one hour and unlimited email interaction. Would that be a stressful amount of money to invest in coaching? Is there another amount or set-up that you feel would be more valuable? What would be your ideal coaching schedule?

Do you want to take the next step in the journey to change your life?

Yes

No thanks, I’ll just stay the same

Name:

Phone Number:

Best Time to Call: