

## EDEN COACHING

### Client Personal Profile:

As your coach, it is important for me to have an understanding of how you view your world in general, and yourself in particular. Every person has their own unique and personal way of interacting with their surroundings.

These questions will assist me in understanding you and your current position more closely, and will thus enable me to coach you to bring out your best.

Please take some time to answer these questions as thoughtfully and clearly as possible, and return your profile to me before our first session.

If you have any queries, please email me at [helenkanowski@edencoaching.com.au](mailto:helenkanowski@edencoaching.com.au)

Name:

Address:

Contact phone number/s:

Preferred Email:

Date:

What is it that currently occupies the majority of your time and effort?  
(What do you do during a typical day?)

What are your passions in life?

Describe what you would like your life to be like?

What aspects of your life would you like to ensure you hold on to?

If you could change some aspects of your situation, what would you choose to change?

What have you attempted to do so far to create change in your life? What results did you get? What did you learn?

How does what you do professionally contribute to your personal goals?

What do you consider to be your greatest accomplishment so far?

How do you find you are best motivated? Intrinsically? Externally? Both?

What do you believe are your most important values?

Do you believe you are living/working according to these values?

How do you respond when you are in a challenging situation?

What are your top three life goals, either short or long term, at the moment?

What are your three top challenges at the moment?

What three steps could you take immediately that would make the greatest difference in your current situation?

What expectations do you have of our coaching together?

What else would you like to say?

