

EDEN COACHING

Client Professional Profile:

As your coach/mentor, it is important for me to have an understanding of how you view your professional self, in a general sense, and specifically in relation to your current work situation.

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

Name:

Address:

Contact phone number/s:

Preferred Email:

Date:

What is it that currently occupies the majority of your professional time and effort?

What are your priorities in terms of your professional development?

What are your key professional goals?

In terms of your work, what do you do well?

In terms of your work, what do you wish you did better?

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

What aspects of your current work have particular meaning for you?

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

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

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

What do you believe are your most important values? (professionally and/or personally)

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?

