

The Essence of Life Coaching

Life Coaching. The essence of life coaching is helping others in an inspiring and productive way that challenges them to achieve their highest potential in all aspects of their lives. People seek coaching for various reasons. It can help them make or manage changes in their life; improve effectiveness; enhance relationships with others; improve specific skills; or achieve a better balance in their lives – spiritual (Faith), relational (Family), financial (Finance), physical (Fitness), and political (Freedom).

The role of the coach is to provide a safe and non-judgmental space, say less, ask more, and listen actively to help the coachee explore, reflect, discover, and make decisions that are actionable. We can help connect your head and heart in a way that rekindles your dreams and transforms them into action. It would be a privilege to connect with you to discuss your current situation and aspirations.

We suggest that you review the list of questions below and reflect on the answers to any that are relevant to you. After that, if you think that a coach can help, email us via the “Contact Us” tab to schedule a free and confidential phone call.

Pre-Coaching Questionnaire

- What is currently working in your life? What is currently not working in your life?
- If you knew that you would not fail, what would you wish for?
- What is the greatest challenge you have had to overcome?
- What major changes have you faced over the last couple of years?
- What is most important to you in your life and why?
- Who are the most important people in your life? Why?
- On a scale of 1 -10 how content are you with your life right now? What are the things that make you content?
- On a scale of 1-10 how successful are you in your life? What is success to you? What have been your 3 greatest successes to date?
- On a scale of 1-10 how motivated are you? What motivates you? What demotivates you?
- On a scale of 1 -10 how stressed do you feel right now – what are your key stressors?
- What do you expect from your coach on a scale of 1 -10?
 1. Gaining clarity of issues
 2. Understanding what is important / what motivates me
 3. Exploring and understanding what is holding me back
 4. Gaining an insight into who I am – my strengths, gaps and potential
 5. Providing encouragement and support
 6. Helping define goals
 7. Helping to identify action and next steps
 8. Challenging you with difficult questions
 9. Providing honest and direct feedback
 10. Making you accountable for your choices, actions and goals