

Prepare for your intake

welcome

Thank you for scheduling an intake with me for coaching. In preparation for the intake, I would like to ask you to think about the following questions:

- what prompted your coaching question
- what do you expect from coaching
- what are your learning objectives
- which approach suits you well and therefore could work

history

Have you done any coaching or therapy before? If yes:

- What were your key insights?
- What has changed in your life for the better because of that trajectory?

questions

Do you have any questions? Feel free to ask them by email or give me a call: 06-26866516