This information is intended for use by me as your coach ONLY. It will not be divulged to any other party without your explicit agreement.

Please use this space to explore what is going on in your life or work right now and how you would like it to be. This will help you come up with ideas to start working on. Please email back to me at least 2 days before of our first session.

|  |  |  |
| --- | --- | --- |
| CURRENT SITUATION OR PROBLEMS IN YOUR LIFE RIGHT NOW | IMPACT OF THE SITUATION ON YOUR LIFE RIGHT NOW | DESIRED STATE YOU WOULD LIKE TO ACHIEVE (AND WHAT YOU ARE WILLING TO DO DIFFERENTLY ABOUT THE ISSUE NOW) |
| 1  2  3  4  5  6 | 1  2  3  4  5  6 | 1  2  3  4  5  6 |

**LUMINOSA COACHING - ‘LEADERSHIP & LIFESTYLE’ COACHING PACKAGES:**

* **Senior Leader Individual Coaching** (5 sessions/3 months – first session free)
* **Senior Leadership Team Coaching and Development**
* **Coaching for new Leaders** – *‘Coaching for the First 100 days in Post’*
* **Professional or Career Development Coaching** (bespoke package)

BACS or cheque accepted. Payment plan by agreement.

**Please visit the website for a selection of testimonials www.luminosacoaching.com**

**Personal Information:**

* What achievements are you really proud of in your life so far?
* How do you think working with me will help you with your goals and wants?
* How will you measure success? (Know you have achieved what you want from our sessions?)
* What do you want to be, to do or to have that you don’t right now?
* What motivates you?
* When you did DISC profile, what was your preference? - D.I.S or C

**Some further questions for you to consider**.

I hope these basic questions will give you (and me) greater clarity and structure for our coaching sessions.

* What are your long term goals for the coaching sessions you have available to you? What are your expectations for each coaching session?

* What are your expectations of me as a coach?

**During the sessions**:

* What do you want me to do if/when you get stuck during a session? How do you feel about being challenged during the sessions?
* How would you like me to challenge you?
* I need to keep you on track if you wander, how do you want me to do this? (E.g. I may need to interrupt you in order to keep you focused … )
* Do I have your permission to send you anything that I think would be useful to you in relation to your goals?
* How clear are you about your core values? Please list them if you can.