

Coaching Investment Discussion Guide – Short Session

Name:

Date:

1. Tell me about your recent successes and high points.

2. What goals are you working on right now?
 - + How can I help?

3. Is there a strength you would like to use more of?

4. On a 1-to-10 scale, with 10 being high to what degree is your potential being maximized?
 - + (if number is less than 9) What can I do to help you move that number up?

5. What percent of your time do you spend doing things you are good at and enjoy?
 - + (if number is less than 90%) What can I do to help you move that number up?

6. What would you like to learn?

7. How are you growing?

8. Is there anything else you would like to discuss?