

Complimentary Session Questions

with Beverly Giuffre

Welcome! This questionnaire serves as a starting point for us to get to know each other. Do your best and feel free to skip over any questions. No stress! This is a conversation starter – not a test. This will help us figure out if my services – and I - are the right fit for you! I want you to succeed, feel empowered and reach your goals! Looking forward to meeting you!

1. Connection

- Tell me a little about yourself.
- Give me a quick sketch of who you are, and I'll do the same for you!
- What led you to want to pursue a coaching relationship?
- Do you have a sense of what a good coach for you would look like?

2. Motivation

- What are your top three challenges you face right now? Or what are your 3 highest priorities in terms of goals?
- What is the biggest change you'd like to make in your life right now and why?
- Do you know what you need to do to make that change?
- What's motivating you right now? Is it dissatisfaction with what is or a desire to pursue something in your future?
- What holds you back?
- What are you passionate about? What is worth pursuing, and what are you eager to leave behind?
- What outcome would make this coaching relationship a great success in your eyes?

3. Presentation by Bev

- Setting expectations. What does a good coach look like? What are MY strengths? Does my style of coaching match with your needs and situation?
- Providing examples – real cases! You're not alone!
- Goal setting - My initial thoughts as to how we might get you there!
- Here's how I do best as a coach ...
- Does what I just described about my passion as a coach sound like what you're looking for?
- The big picture: here's what you can expect if you work with me.

4. Information

- Reaching a decision & Next Steps
- Logistics:
 - Timelines: How often we'll meet and for how long
 - What we'll do in a typical session
 - Keeping in touch & support; keeping it all real and useful!
 - What can YOU do between sessions to stay empowered, motivated and successful?
 - How we'll work together to get you where you want and need to be
- Fees and payment.

5. Time to move forward!

- Any lingering questions or is there any clarification needed?
- What works best for you? How do you want to proceed?
- Are you ready to say Yes to a coaching relationship or would you like to explore further?
- How can I help you, at this moment, to support you in moving forward in your life?