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Relationship Design

In our first session, we will work together to design our relationship so that our work together has the most impact. We'll talk about what you can expect from me and what I expect from you. The alliance we create together will be a dynamic one, open to change and modification as our work together deepens.

As your coach, it's important for me to get a sense of how you view the world and yourself in it. Each person has his/her own unique way of perceiving and interacting with others. The following questions are designed to help me get to know you better. They are intended to be pondered and to stimulate your thinking in a way that will make our work together productive and rich. You may wish to sit with the questions for a few days before you compose your responses. Please email this document back to me before our first call.

1. Look forward 20 years...you are attending a function where someone is giving a speech about you. What would you want them to say?
2. If time and resources were not a concern, describe the things you long to do.
3. Think about one or two people you know who really inspire you. What about them is inspiring?
4. What's missing in your life, the presence of which would have your life be more fulfilling?
5. What are your spiritual beliefs? Do you believe in the concept of a higher power? Please describe the most useful, empowering aspects of your spiritual beliefs.
6. What activities have heart and meaning for you?

7. What two steps could you immediately take that would make the biggest difference in your current life situation?
8. When are you unable to laugh at yourself?
9. What do you know about how you get things done?
10. What do you know about how you avoid things?
11. When do you give your power away? To whom?
12. What drives you crazy?
13. What do you contribute that is unique?
14. What special knowledge do you have?
15. What can I say to you when you are "stuck" that will return you to action?
16. If you were instructing me as your coach about how to manage you most effectively, what tips would you give?
17. What else would you like me, as your coach, to know about you?
18. What don't you want me to know about you?