

Initial Coaching Session

For those who have participated in a Chrysalis Works Workshop

1. What has changed since you took the workshop?

2. What is the most significant change you have chosen to make since you took the workshop?

3. What have you found most challenging since you returned home from the workshop?

4. What area/s would you like to focus on in the coaching sessions? (It may help to revisit your wheel.)

a)

b) _____

5. What would it help your coach to know to support you in meeting your life goals?

Example: I usually procrastinate.

Please e-mail this form and a copy of your current Wheel of Life to barbaralifecoaching@gmail.com or fax to Barbara at 907-694-8890--24 hours before your appointment.