

IN COACHING, WE BEGIN BY ASKING QUESTIONS



Samples of getting started

DIVORCE

What can starting over look like?

What would your ideal life be?

Where do you want to be in 1 year, 5 years?



LOSS

What is it that you are letting go of?

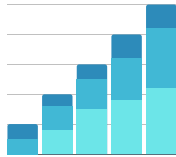
How much time do you need before moving forward?



CAREER CHANGE

What is the lifestyle you want?
What are you willing to give up?

On average,
people change
their job every
4.2 years



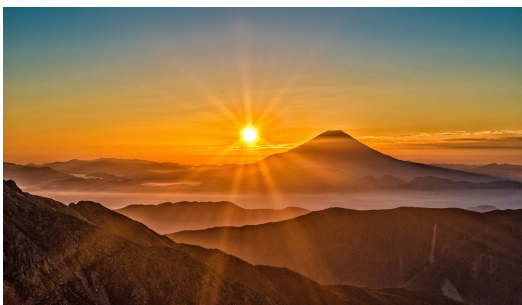
RELATIONSHIP/DATING

What are your needs?
How do you brand yourself to find what
you are looking for?
What are the best ways to meet people?



LIFESTYLE MODIFICATION

What brings you happiness?
How do you want to feel and be
perceived?



EMPTY NEST/ DISCOVERY OF POSSIBILITIES

What brings you fulfillment?
What interests you?
How much do you need to let go to get
what you want?

