



Working Smarter, Not Harder

While on this journey of exploration together, I am interested in finding the best ways or styles to use, when working and playing with you.

Please answer the following questions:

1. What works to motivate you in a positive way? Do you want a high accountability factor in our relationship? What kind of motivation inspires you?
2. Does goal setting work for you? Do you work well with detailed action plans and time lines? Share with me a previous goal you had set and achieved.
3. What is the best acknowledgement/recognition/compliment you have ever received?
4. What is the worst thing you say to yourself?

5. What makes you see red? (Gets you really ticked off and angry?)

6. What makes you jump for joy?

7. What is your Vision, or Life Purpose or Mission in life? Please share it. (If you haven't a clue, guess!)

8. What does the word "work" mean to you?

9. What do you draw energy from? Time alone? With others? What is the quality of both?

10. In coaching, I often get intuitions and insights about you. How do you want me to tell you the truth? (Are you someone that prefers a more direct approach or a gentler way of saying things) How do you want to receive feedback?

11. How do you want to give me feedback about our coaching relationship?