



Jan Scott - life coaching options

Some questions to ponder

These questions are designed to help me get to know you and to stimulate our discussion during your first coaching session. Please focus on those which seem relevant to you.

- What have been your three most fulfilling accomplishments in life so far?
- What has been the biggest thing you have had to overcome?
- What has not been successful and what have you learned from this?
- How have your attitudes to people changed over the past ten years?
- Are you past, present or future oriented?
- What should I know about your professional background?
- What should I know about your personal background?
- What, if anything, should I know about your family history?
- What is the most important thing in your life at the moment?