



How I Want to Be Coached

Coaching is a process for providing people with the necessary tools, techniques and knowledge to develop themselves so they become more effective both personally and professionally. Coaches don't develop people, but rather they equip people to develop themselves. Your coach has made a commitment to work with you on developing your skills and abilities. To gain the most out of your coaching experience, it is important for your coach to know more about you.

Name:

Coach's Name:

Date Form Completed:

My career aspirations include:

The three things that motivate me most are:

Areas in which I could benefit from coaching include:



How I Want to Be Coached

Do what you can, with what you have, where you are.

— Theodore Roosevelt

The most significant obstacles that get in the way of achieving my goals include:

I want to achieve the following goals during the next three years (include both personal and professional goals):

To understand me as a person, it's important for you to know: