

## Please Tell Me about Yourself

Today's Date

Name

Address

Company/Nature of Business/Position (if applicable)

Preferred Phone

Alternative Phone

E-mail

text? Yes No

Skype/ Facetime/other?

Date of Birth

Were you referred? If yes, by who?

Living Situation (i.e.: with spouse, in a 2 story house; me and my cat in an apartment; communal living with 4 other adults, etc.)

*Please complete the following questions and statements as honestly as possible. All of your responses are confidential to the fullest extent of the law. You may write on the back too.*

Describe what brings you to our coaching conversation at this time.

What is the most important outcome for you?

Do you have a personal and/or professional vision for your life? If so, what is it?

What are 10 of your personal and professional strengths/gifts/talents?

What are your current external challenges? What are you dealing with right now that needs immediate attention or resolution?

What are your inner challenges, suspected 'blind spots', or troubling patterns that you suspect might be getting in your way of realizing your priorities?

What are your 5 most highly prized personal values?

What is working well in your life right now? What areas of your life are a source of satisfaction?

What are the 3 most important things for me to know about you that would help me support you in your growth? These may include things that you normally don't tell other people about yourself.

What are your expectations of me?

If known, what is your Enneagram type?                      Wing?

                    Predominant Instinctive Variant/Subtype?

(If not known, are you interested in exploring aspects of your personality?)

If you knew you couldn't fail, what would you most like to do?

What questions haven't I asked that you think it would be helpful to address here?

Please complete and forward to me at [Dpresser1@yahoo.com](mailto:Dpresser1@yahoo.com) or Deb Presser 4662 Shalers Dr. Columbus, OH 43228