

Executive Blueprints



Coaching Personal Profile

Name: _____ Date: _____

Objective: Define your goals and your style

Define the Present

Please take time to reflect and answer the following questions. This will help to capture information about your current situation, and establish a foundation for our starting point.

Define You

Questions about you and your goals will define your personal objectives for the coaching sessions, your career, or life in general. This will help to align our mutual efforts and communications toward shared results.

Uncover the Path

Once you have defined the current situation or circumstance, and identified desired goals, then we can work together to discover the personal strengths to achieve your goals. It is common for the original goals to be adjusted and new goals introduced during the coaching experience. This welcomed as a sign of personal development, enlightenment and progress.



***Have patience with all things, but chiefly have patience with yourself.
Do not lose courage in considering your own imperfections but
instantly set about remedying them - every day begin the task anew.***

- Saint Francis de Sales

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The Present

What do you like most about your current situation?



What are your biggest obstacles / challenges?

List your top 3 personal, life or career goals in order by priority

1.

2.

3.

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Personal



1. What talent or skills do you have that are unique?

2. What special knowledge do you have?

3. What personal convictions do you have that best characterize you as an individual?

4. What two steps could you take immediately that would make the greatest difference in your current situation?

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Your Coach

What do you want most from your coach?

How do you want me to be as your coach?

What do you want me to know about you?

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Your Style

Do you like sessions to be structured or less structured?

Do you feel more comfortable with a linear progress toward a specific goal or focused skill? Would you prefer to have a free flow of ideas?

Is your preference for slow, moderate, or fast pace?

Is your style adjustable, not predetermined?

Are you more comfortable with direct succinct communication, casual conversation style, or detail oriented discussions?

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What If

What would you do if you knew you could not fail?



It is not necessary to complete all sections of this form. It is not a test and it should not be a struggle. Your profile will help to make the most of the coaching experience by defining the goals and the styles of communication.



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