

SARAH B RAWZ

Let's kick things off with a little getting-to-know-ya!

Though there are some foundations to coaching that hold fast regardless of the person with whom I work, there is also a lot of room to wiggle and move, responding to the individuality of each person and each person's unique opportunities, challenges, and traits. I'll work continuously to be the best coach to you, as an individual, as I can be. Your answers to the questions below and any feedback you give me throughout our coaching relationship will help me shape my contribution to our work, and I thank you in advance for your help!

Please take your time in completing these, and be gentle with yourself if you choose to leave some incomplete or blank.

Along every path lie both opportunities and challenges...

Who are the key players in your life?

What are your top 5 priorities?

What do you count among your strengths/inner resources?

What's feeling supportive, productive, and/or good to you lately?

Share a time when you felt emboldened, empowered, and/or very You.

What's feeling stuck, frustrating, and/or dispiriting to you lately?

What are some things you do regularly that don't serve you?

Because words matter and they can be so very personal...

What does "success" mean to you?

What does "failure" mean to you?

What does "spirituality" mean to you?

How do you define a Life Well Lived?

Describe one or more goals you currently have and how their achievement supports your idea of a Life Well Lived.

And about coaching together...

What can you tell me about your learning style?

What are your expectations or hopes about coaching and about me as your coach?

In what way will you gauge the effectiveness of working with me?