

## Introduction

Welcome to the Pre Coaching Preparation Pack.

As you complete this pre coaching pack, you will recognise some areas of your life that are working well, some not so well. Some areas of your life you will feel comfortable talking about in the coaching sessions, others you will prefer not to discuss.

Please remember that the *topics for conversation are entirely your decision.*

## Identifying Areas of Life for Coaching:

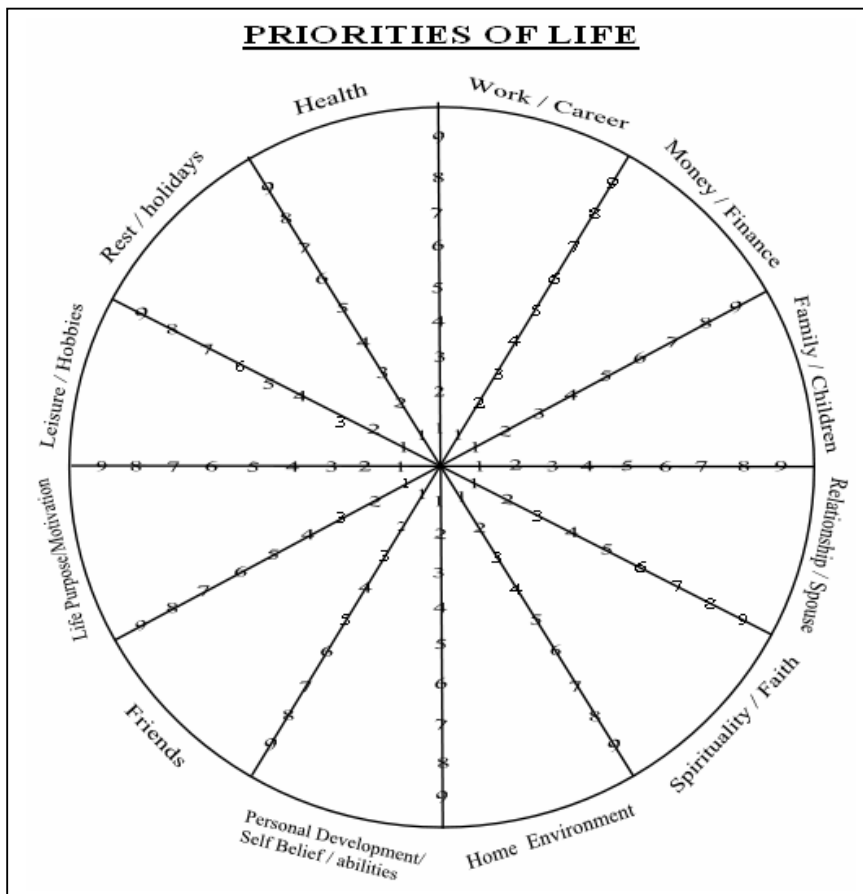
In order to help you identify which area of your life you would like to be coached in You may find the following two tools helpful.

### The Wheel of Life

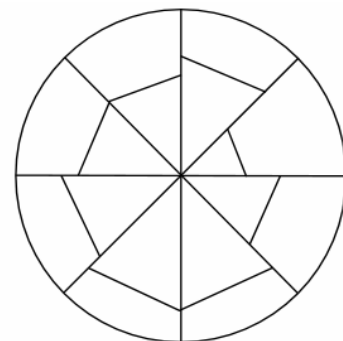
Please rate yourself on the diagram, on a scale of 1-10 on how happy or satisfied you are in each sector of your life. You may wish to modify the categories in the wheel of life to suit your own priorities. For example, in place of 'Fun and leisure', you may wish to write 'Friends', and so on. You may find that some categories are not relevant for you, or that some categories may merge (for example personal development and spirituality); if so, please don't feel that you must fill in the redundant category, simply create your own wheel.

Be instinctive as you fill out this wheel. Your instinctive reaction often reveals the truth of how you feel more accurately than a rational conversation with yourself. Your wheel is unlikely to be perfectly round!! The results show a 'moment in time' result on how fulfilled or satisfied you may feel today in the various priorities of your life. A wheel that looks like a flat tyre could indicate some areas where it might be useful to be coached in.

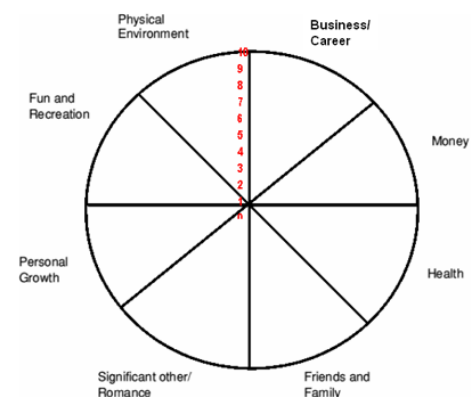
FINALLY – DON'T BE TOO HARD ON YOURSELF!



### Example...



### An Alternate Wheel of Life...



Completing the **Wheel of Life** shows you where there are areas in your life that you might like to improve or develop further. It can give you a quick method to check how your life really is and also show the gaps you need to bridge to have life the way you truly want it to be. Be honest with yourself – the only person you will be kidding is you. Imagine how bumpy your Wheel of Life might look? What will the ride be like if this were a real wheel?

The twelve sections of the Wheel of Life represent balance. A more simple wheel of life is also offered, covering just 8 areas of life. Rank your level of satisfaction with each life area by drawing a straight line to create a new outer edge (With 0 the lowest and 10 highest). The new perimeter of the circle represents your Wheel of Life as it is at this moment.

Ask yourself the following question for each section which scores below 10

What do I want this part of my life to be like? When it is working perfectly what will it look like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**10 Pre-Coaching Questions**

What is most important to you in life \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are you most proud of that you have achieved in life so far? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What aspects of your life do you enjoy the most? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What aspects of your life do you enjoy the least? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you dream of achieving one day? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would you love to achieve but doubt you have the ability? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are your 'impossible dreams?' What have you put to one side as unachievable? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you not have time for? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What in your life do you most want to stop doing or stop happening? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Identify 5 areas of achievement & positive change that you would like to develop through coaching \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_