

Is Coaching Right for You?

To determine if my coaching is the right approach for you, please use this questionnaire.

Question	Yes	No
Are you feeling lost and/or unsure about the direction in life and career?	<input type="checkbox"/>	<input type="checkbox"/>
Are you interested in personal development but not sure where to start?	<input type="checkbox"/>	<input type="checkbox"/>
Do you want to design a purposeful life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you want to make a positive change in your career and life?	<input type="checkbox"/>	<input type="checkbox"/>
Have you tried to solve the problem but nothing seems to work?	<input type="checkbox"/>	<input type="checkbox"/>
Do you need assistance in making that change and planning goals/actions?	<input type="checkbox"/>	<input type="checkbox"/>
Are you open to changing your perspectives?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prepared to re-examine and shift some of your preconceptions?	<input type="checkbox"/>	<input type="checkbox"/>
Do you prefer to be guided towards a new approach rather than told?	<input type="checkbox"/>	<input type="checkbox"/>
Are you able to complete a lot of work outside of the sessions?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have criteria for choosing your coach?*	<input type="checkbox"/>	<input type="checkbox"/>
Do you get 11/11 Yes?	<input type="checkbox"/>	<input type="checkbox"/>

*It's very important to set some criteria or factors you want to consider when choosing the right coach for you. As you are browsing my site or any coaches' site, who do you feel connected to? If you have any questions for me or if I can be of any help, please feel free to set up a free "Get to know" session with me. [Click here](#) to book.