

Preparing for Our Coaching Connection[&]

Choose a few of the questions below and send them back so we can start from this shared knowing. Thanks and blessings on the space created for this endeavor, TZiPi

What significant events, personal or professional, have occurred since the last time we connected? Are you noticing any repeating patterns?

Do you have any lingering thoughts or questions or feelings since our last session?

What intentions have you set for yourself today?

What is sucking your energy? What is inspiring you? Where do you want to spend your time with me?

What are you reading lately that is expanding your horizons?

How are you keeping track of your imaginings...journal...drawings...?

What types of books are you reading: mysteries, short stories, history?

Which promises to your self are you following up on?

What are you curious about? What do you want to learn?

What would you like to focus on in our upcoming coaching session?

Which 'wild' idea have you followed lately? How have you shared your dreams?

Any holidays planned in the next six months?

Any continuing education thought about?

What inspires you about our time together?

What are you learning about yourself that affects your behavior?

What experiences do you need to enhance your vision?

"If I had an hour to solve a problem and my life depended on the solution, I would spend the first 55 minutes determining the proper question to ask, for once I know the proper question, I could solve the problem in less than five minutes."—ALBERT EINSTEIN

[&] adapted from Eckerd College's Leadership Institute's questions for coaching by Jen Hall and Susan Scott for Fierce: 5/2010 kriswww.rebtzipi.com, Rabbi TZiPi Radonsky