



Doc Ann's Coaching Practice
Prescription for success

Ten Questions to Start: Are you a candidate for coaching?

- 1) What is working best in your life right now?
- 2) What is the most challenging aspect of your life tight now?
- 3) What do you like about yourself?
- 4) What one aspect of yourself would you most like to change?
- 5) Are you willing to change it now?
- 6) What motivates you?
- 7) How do you deal with "failure" or making mistakes?
- 8) What typically holds you back from going after what you want?
- 9) What do you want to accomplish by having a coach?
- 10) What will you do to ensure your success?