

Coaching Questions from Jan Silvius

Thank you for contacting me for coaching! In our sessions, we will seek to discover God's plan for you through the use of powerful questions, intensive listening and respect for your free-will. My goal is to lead you to make the choices needed to move to the next level of your life.

Please answer and return the following questions before our first session. It will help the coaching process get off to a quicker, smoother start.

1. Please write one paragraph about your family of origin.
2. Please state the issue about which you would like to be coached. What is the most challenging part of this issue for you?
3. What do you want to see happen in your coaching?
4. What are your expectations for yourself?
5. What are your expectations for me as your coach?
6. What dates will you be available for your first coaching session?