



EFFECTIVE FOCUS

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Complimentary Session Prep Form

Please take some time to answer the following questions to prepare for your complimentary session and return the form via e-mail (effectivefocus@shaw.ca) 24 hours prior to our scheduled call. To receive full value, set aside 30 minutes to complete, free of distractions and letting the answers flow without analysis.

Name: _____ Occupation: _____

Telephone: _____ e-mail Address: _____

Educational Background: _____ Marital Status: _____

1. Do you currently have a coach, or have you previously worked with a coach?
2. Are you looking for a coach?
3. If you and I were to work together, what are the top 3 specific and measurable results you would accomplish in the first 30-90 days?
4. What's currently in the way such that you do not have these results in your life already?
5. If you were to produce these results, what monthly investment would that be worth to you?
_____ Under \$300 _____ \$300-\$500 _____ Over \$500
6. What are three areas of your life that you are committed to improving?

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7. What is something you believe you cannot have, or cannot do in your lifetime?
8. Why?
9. On a scale of 1-10, with 10 being completely balanced, how would you rate your level of life balance currently?
10. What would have to happen for this to be raised by 1-2 points?
11. If you were to FULLY live your life, what is the first change you would start to make?

Please circle the number that comes closest to representing how true the statement is for you right now in your life, with 1 being least true, and 5 being completely true.

- 1 2 3 4 5 I keep my word and can be relied upon to be on time for all calls
- 1 2 3 4 5 I will be honest and forthright, speaking what's true to my coach
- 1 2 3 4 5 I am willing to modify the self-defeating beliefs which limit my success
- 1 2 3 4 5 I am willing to 'try on' new concepts or ways of doing things
- 1 2 3 4 5 I have adequate funds to pay for coaching and see it as an investment

Thank you for sharing...

Note: The information exchanged is for exclusive use within the coach and client relationship

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