

Strategy / Pre-coaching Session Questionnaire

Thank you for being interested in coaching. I'm keen to explore what is going on for you right now and how you would like to move forward.

Name: _____

Email: _____

Phone: _____

To make the most of our time together, please answer the following questions and return them to me before our session.

1. Have you ever experienced coaching before? If yes, when was that?

2. What is the biggest problem in your life right now?

3. Are you currently seeing anyone else for this problem?

4. What feelings have you experienced daily in the last month?

5. What would you like to feel more of?

6. Are you willing to take action to get to where you want to be?

7. What is your favourite place to relax? (bush, beach, shops, home etc.)

8. What do you hope to gain from coaching?

I am looking forward to meeting with you to discuss your answers and gain a better insight into who you are and how we can work together to give you an amazing future.

Marianne Moore



Natural Reinventions



If possible, please email the form to mm@reinventyou.au before our session

What is coaching?

The profession of Coaching is built on a central belief that the quality of our lives is not built upon the events in our lives but rather on the meaning we give to those events. I firmly believe that once you know yourself and your goals clearly, you have no alternative but to start moving towards them. It's like a force of nature and is all powered by one simple thing, the choices that you make. Once you know what drives those choices and can make them with more awareness and volition, you will start seeing quantum leaps in what you can achieve. It's all possible because of the power, strength, knowledge and wisdom you have within you – once you have the keys to these drivers, life will never be the same.

This is about taking the time for yourself to ask the questions and find the answers you never knew existed but secretly longed for. Each of us lives life at the level we have been taught to experience. For some of us, this means that life is a daily experience of inspiration, joy and excitement. For others, it means a life of pain and bitter disappointment. Wherever you are right now, you can choose to experience another level by making different choices.

Coaching is about giving you insights, asking you the questions and allowing you to come up with *your* answers to take you from where you are now to where you want to be.

I am genuinely excited for us to work together and ask you only one thing - please, commit to yourself that you will give it 100%. Commit today, to give this journey your total passion and intensity. This is your chance to shine and give it everything you've got. The results you can achieve if you play at this level will surpass anything you can possibly imagine.

Wishing you every success!

MM