

In preparation for our call, take your time to think about the following questions and write down your answers. Be honest with yourself and try to go as deep as possible. This can give you clues or even more clarity about your current situation, and you can better decide what you'd like to look at with me.

Goals & wishes

- What is the most important concern of your request to me?
- What is the issue in your life (professional/private) that you would like to clarify with my support?
- What methods/strategies have you used so far to resolve this issue?
 - What has worked, what has not?
 - What do you expect from our work together?
- What is your biggest fear regarding our coaching?
- What is your greatest wish regarding our coaching?
- What is your goal (short, medium, long term)?
- What is the biggest hurdle you would like to overcome together with me?
- Briefly describe your professional and private situation.