



THE COACHING GROUP

# WHY AM I HERE?

A CRITICAL PART OF YOUR COACHING JOURNEY IS UNDERSTANDING WHAT IT IS YOU ARE TRYING TO ACHIEVE: YOUR GOAL. THE CLEARER YOU ARE IN YOUR ABILITY TO VISUALISE AND VERBALISE THIS, THE EASIER IT IS FOR YOU TO CONFIDENTLY MOVE TOWARDS IT.

What motivated you to do this course?

What do you want to get out of this course?

What is not working in your relationship that you want to change?

What is working in your relationship that you want to build on?

