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Introductory Coaching Questions

Regardless of whether we choose to continue to work together after our introductory session, I am completely committed to your success; therefore, I want to treat this session as the real beginning of an important process. With that in mind, our session will be more productive if you answer the following questions:

- 1) Do you have some goals for your life (a plan, even)? If so, please describe what you see.
- 2) In terms of your values and lifestyle, what do you uphold as most important to you?
- 3) What are some challenges you are currently facing? Are they specific to the moment, or do they reflect ongoing tendencies?
- 4) Is there something in particular you would like to accomplish or work towards within the next four weeks (or 3 months, if that is too short a timeframe)?
- 5) Assuming we are still working together six months from now, how, specifically, would you know that your time and investment with my coaching services has been worthwhile?
- 6) How can I best serve you? What would you expect from me as your coach?
- 7) Is there anything you would like me to know about you that we haven't discussed?

It will be most helpful if you can e-mail me this information at least one full business day before our session. Please do not hesitate to call me if you have any questions or concerns about the enclosed material or the information I've requested. Again, welcome. Let's make the most of our time and our relationship