



## Coaching History

Knowing your history with coaching will help me to serve you better, and to tailor my coaching to meet your needs in a way that makes the most sense to you. Please take a few minutes and answer the following questions about your past coaching experiences.

***Client Name:***

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**I have worked with \_\_\_\_\_ business coach(es) in the past. (Please list dates and durations below. Names are not necessary.)**

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**Tell me why you chose the coaches you worked with. What made them appealing to you?**

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**List your 3 biggest accomplishments that directly resulted from your previous coaching experiences.**

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## Coaching History

**Tell me what you wished your past coaches had done or said differently.**

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**Why did you end the relationships with your past coaches?**

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**If you were in the same place and time again, knowing what you now know, would you work with these coaches again? Why or why not?**

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