



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:

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

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

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



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

Why did you end the relationships with your past coaches?

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?
