

## Gaining Perspective: Intro to Executive Coaching

### 4 AMAZING QUESTIONS

*Indulge in quiet time to answer honestly.  
You might find a new way to approach a challenge.*

Name:  Date:

1. What do I like most today about my work life?

What do I like most about my communication style – where are my strengths?

2. What do I like least about my work life, if anything - what burdens me these days?

What don't I like as much about my communication style – where are my weaker points?

3. Which item in my answers to Q. 2 would I MOST like to see *begin to change*?

4. In that case, *how might I have to change* or what might I have to *do differently*?

Also, what might I need from others (employer, employees, colleagues, family, etc.?)