

## **Complimentary Session Pre-work**

SCMI offers a single 30 minute complimentary coaching session to individuals looking for a leadership coach. To schedule your session, call or e-mail:

*Les Brickman      973-566-0394 EST      brickman@us.net*

Please type your answers into this form (estimated time 15 minutes) and e-mail it to the coach at least 24 hours before your session is scheduled to begin.

### **Contact Info**

*Name:*

*Phone:*

*Cell:*

*E-mail:*

*Date:*

### **Session Pre-work**

- 1. In your mind, what outcome would make working with a coach a great success?*
  
  
  
  
  
  
  
  
  
  
- 2. What are the top three things you want to change or accomplish in the next 6 months?*
  
  
  
  
  
  
  
  
  
  
- 3. Name at least three dreams you believe you must accomplish in order to look back at your life and say, "That was a life well-lived!"*
  
  
  
  
  
  
  
  
  
  
- 4. What obstacles are standing in the way of your achieving these dreams and goals?*