

# WORKSHEET: WHY COACHING? WHY NOW?

## Why Coaching?

Why do you want to be a coach?

---

---

---

---

---

---

---

---

What has prepared you for a career in coaching up until now? Think about your personal story and the experiences you have had both inside and outside of work.

---

---

---

---

---

---

---

---

## Why Now?

What is drawing you to coaching right now?

---

---

---

---

---

---

---

---

What do you hope coaching will open up for you?

---

---

---

---

---

---

---

---

**What More?**

What unanswered questions do you have about coaching?

---

---

---

---

---

---

---

---

What do you need to make a decision about coaching?

---

---

---

---

---

---

---

---