



DISCOVERY FORM

Is this the right time to hire a career coach?

Having a coach will support you in becoming clear on what you really want in your career. It can speed up the process of obtaining a job that is fulfilling and make the journey of getting it much smoother.

To discover how a coach might help you, complete the Discovery Form. This will give you a strong base from which to explore if coaching will be useful at this stage of your life and career.

After you have filled out the form, set up a trial session with a coach and discuss what you discovered by completing this form. Even if you are not ready to hire a coach, this will give you an opportunity to explore the possibilities that are available to you right now.

- 1) Rate your current job from one to ten. Ten being perfect, it can't get any better, one meaning lots of improvement is needed in this area.

Intellectual engagement:

Money to Meet Needs:

Opportunities for skill development:

Professional respect:

Work / life balance:

Emotional and Physical Health:

Fun:

Fulfillment:

Other: _____

- 2) What is one thing you would like to achieve in the next six months that would make the biggest difference in your career?

- 3) If you could have more of one thing in your career, what would it be?

- 4) What are the top three things you are tolerating or putting up with in your career?

Toleration 1:

Toleration 2:

Toleration 3:

5) How would your life be different if you no longer had the above tolerations?

6) To increase your enjoyment of work and life, what are the three key areas for you to focus on for your own personal and professional development?

Area 1:

Area 2:

Area 3:

7) Write down one thing in your life you would like to have but don't have a clue how to go about getting it.

8) Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favorite method? (Circle your favorite, write in any that are missing)

Not planning or setting goals

Procrastinating

Being Indecisive

Arrogant/ Having to be Right

Not always telling absolute truth

Acting as the "Lone Ranger"

Tolerating

Not saying "No"

Controlling life/people

Not listening to others

Following secondary* goals (*i.e. goals that won't ultimately make me happy)

Other:

9) What would be the most valuable thing you would get from working with a coach?

Are you ready to hire a coach?

Circle yes or no

I am ready to do whatever it takes to reach my goals?	Yes	No
I am willing to listen to the viewpoint of someone else?	Yes	No
I am willing to invest in myself?	Yes	No
I am willing to get out of my comfort zone and try new things?	Yes	No
I am willing to make the commitment necessary to make the changes I am seeking?	Yes	No
I am willing to commit to the process, knowing that change doesn't happen over night.	Yes	No
I am willing to ask for support and accept the support I receive?	Yes	No
I am willing to stop tolerating?	Yes	No
I am ready to invest in myself?	Yes	No
I am ready to put myself first in my life and work?	Yes	No

Give yourself one point for every yes you circled and 0 point for every no you circled. Tally up the number of yes's and then the number of no's.

If you scored:

- 8-10 points** You are ready to make the investment and hire a coach. Your commitment level is high and you will achieve much from working with a coach.
- 5-7 points.** You are almost there. During your trial session, work with a coach on areas that are getting in your way. Ask the coach to support you in removing those blocks so you can move forward and begin to create the change you want in your life.
- 0-4 points.** Most likely you are not ready to hire a coach. During your trial suggestion as the coach for suggestions on what you could do to prepare yourself to begin the process of change.