

## What is coaching, and is it for me?

### **Welcome**

You have received this form either because we spoke about it, and I offered it to you as a way to get to know yourself, or you found it on my website. It is an invitation to go a bit deeper and explore some aspects of yourself, how the world shows up for you, and how you relate to the world. Consider it a gift, an exploration into your way of being.

### **Some thoughts about coaching**

Coaching in its most potent form is also the most personal way of getting to know yourself. Coaching may have been offered to you, or you are looking for a coach, and you ask yourself if coaching is for you and how it could support you.

Coaching is a unique opportunity for you to get to know yourself, evaluate how the world shows up for you, and develop professionally and personally. This is how I understand my work as a transformational coach. Coaching is more than holding you accountable and getting you to improve your area of choice. Working with me supports you in taking the next step on your professional and personal path. This may be the step you initially thought you wanted, such as a promotion, a job change, or something completely different.

Getting to know yourself is a powerful journey to the most fantastic core of yourself. As with many things, the outcomes may be different than initially expected. Studying yourself will not turn you into a self-centered, narcissistic egomaniac. It instead allows you to take yourself less seriously—the 13c. Japanese thinker Ehei Dōgen wrote, “To study the way [of life] is to study the self, to study the self, is to forget the self. To forget the self opens endless opportunities as we recognize how everything is connected.” (Slightly adapted).

Forgetting the self? Isn't coaching all about me? The answer from the coach is “Yes, and...” — It's all about you realizing that the “you” you think you are may not be as “you” as you think. Your six-year you is not your you today, and your you tomorrow will be different again.

And yes – this is not some esoteric mumbo jumbo but an essential step to step into your role as an influential leader.

## BRODY

### **Some thoughts on how to deal with this form**

As you complete this intake form, I invite you to pay close attention to what arises in your body, what emotions arise, and what thoughts arise. If you feel comfortable doing so, I invite you to share what arises in completing the application.

There are no right or wrong answers to these questions. Each question allows you to reflect on yourself, your relationships, and/or your life and to share how you understand and inhabit your world. This helps me get to know you and get to know yourself freshly.

You may not have answers to some of the questions. “I don’t know” is a valid and perfectly acceptable answer. Practice not “getting stuck” in completing the answers. You will not get judged or “approved” in any way, so do your best to let go of needing to “look good” or impress anyone.

Consider completing the form as an exercise in reflecting on yourself and how the world shows up for you. Treat it as a work in progress to allow you to track your development in coaching. The information you provide also will enable me to get to know you better.

If you choose to share your answers with me, please know that your responses will be held in strict confidence as much as everything else that comes up or is shared during coaching. As an ICF Certified Coach, I am bound by the [ICF Code of Ethics](#) for Coaches by the International Coach Federation.

If you are unclear how to answer the questions, don’t hesitate to contact me. The form is set up to be completed electronically. You can also print it out and use paper. If there is not enough space, use extra sheets or files. This is for you. Adjust it to your needs.

To schedule a free initial coaching conversation and to get answers to questions you may have, find some time on my [calendar](#), or [email me](#).

Florian Brody, PCC (ICF), SP (EMCC)  
+1 408 887 3456  
[brody@brody.org](mailto:brody@brody.org)

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This form has been developed from input by one of my most influential teachers, Steve March. Used with permission.

# BRODY

## Basic Information

**Name:**

**Address:**

**Phone:**

**E-mail:**

**Age:**

**Date of birth:**

**Family (w/ name):** [parents, siblings]

**Relationship status (w/ name):** [Single, married, etc. with name]

**Children (w/ names and ages):** [Names and ages of your children]

**Educational background:** [For example, degrees and certificates]

**Current work:** [Your current roles, responsibilities, and/or a brief description of the kind of work you do.]

**Current employer:** [Your current employer or an indication if you are self-employed or not currently employed]

**Volunteering / Hobbies / other activities you engage**

## **BRODY**

### Reflecting on How I Know Myself

**How do you describe yourself?**

**What are your gifts and talents? How do you know this? How well have you shared your gifts and talents with others? What prevents you from sharing them more completely? What supports you in sharing them?**

**Reflecting over your whole lifespan, what are your recurring challenges? What makes these things challenging for you?**

## **BRODY**

**Reflecting over your whole lifespan, what are the ways you sabotage yourself? What do you think it will take to stop sabotaging yourself in these ways?**

**In a world where you can make your life be about something, what would you choose to make your life be about?**

**What have been the three to six defining moments in your life? What about each moment made it “defining” for you?**

## BRODY

**Describe a time in your life that you felt vibrant, alive, and fulfilled. What were the circumstances? How did you feel? What were you engaged in? What was the environment like? Who and what supported you? To the best of your understanding, what brought this about?**

**What practices currently support you in living a meaningful life? What frequency and duration do you engage in these practices? A practice is an intentional activity that you engage in repeatedly with the intention to learn a skill or cultivate yourself.**

(Examples of practices include journaling, meditation, yoga, tai chi, qigong, exercise, singing in the church choir, volunteering to feed the homeless, Friday afternoon coffee with my best friend, and Sunday dinners with my whole family.)

**What are you currently experiencing from having answered these questions? Be sure to include any thoughts, emotions, and bodily felt senses. What meaning do you make of your experience?**

## **BRODY**

**Have you experienced any physical and/or emotional trauma in your life?**

**Is there anything else that you would like to share that might help us in knowing you better?**

# BRODY

## Balance in the Domains of My Life

Please briefly describe your activities and level of satisfaction in these domains of your life. Use the following scale to name your current level of satisfaction.

1 = totally unsatisfied    2 = somewhat satisfied    3 = satisfied  
4 = more than satisfied    5 = can't imagine any better

Domain of Life	1-5 Rating	Activities (practices) you current do to address your concerns in this domain of life
Body/Health:		
Family:		
Relationships:		
Community:		
Work:		
Play:		
Finances:		
Education:		
Spirituality:		



## **BRODY**

**What are you learning about yourself from reflecting on how well you address your concerns in these domains of life?**

**What is the connection you find, if any, between what challenges you (above) and your current level of life balance?**

# **BRODY**

## **Self-assessment of My Current Competencies**

### **Learning So Far ...**

**What have you learned about yourself from completing this form:**

**About yourself?**

**About your life?**

## BRODY

**What new questions do you have about yourself and your life?**

**Any other thoughts and feelings you would like to note as you embark on the next step**

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Please use additional pages as needed

Thank you for taking the time to complete this form for yourself. Please keep it in a safe place where you can revisit it, and add to it.

If you would like to share the form with me, please send it to me at [brody@brody.org](mailto:brody@brody.org).