**Getting Started – Coach Mentoring**

**This form will help you gather your thoughts and prepare for our mentoring session together. By answering these questions, you will give me a good introduction to you as a coach and where you’d like to grow.**

**Please return to me (sarah@happinessexpresscoaching.com) the day before your first session.**

**Thank you for sharing!**

1. **What brings you to coach mentoring?**
2. **Where are you at in your journey as a coach? (qualifications, credentials, hours coached, years coaching, internal/external coach, etc)**
3. **What is going well for you as a coach?**
4. **How would you like to improve as a coach? What are your gaps and opportunities for growth?**
5. **What support do you need most from your mentor?**