

*How I want to be coached*

- This worksheet will help you clarify your needs and expectations from a coaching/working relationship.

In a word, the one thing I most need from a coach is: \_\_\_\_\_

Explain:

Many things motivate me, but my personal top two are:

1. \_\_\_\_\_
2. \_\_\_\_\_

I try to be easy to get along with, but like most people, I have a few “triggers” – if they get pushed, I tend to push back. Very briefly, my personal top 2 “triggers” are:

1. \_\_\_\_\_
2. \_\_\_\_\_

The following goals are important to me:

I have the following strengths to help me achieve my goals:

I could use improvement in the following areas to further help me achieve my goals:

Coaches (and teammates) can support my work in ministry as well as my progress toward my goals in the following ways:

Lastly, I think you ought to know that: