



Congratulations!

By setting up your PRIVATE COACHING SESSION, you've just taken a huge step forward in the advancement of your personal development and professional career.

In preparation for your sessions with Coach Banks, you'll find listed below a few questions/instructions to have ready for your meeting.

Complete what's listed to the best of your ability, bringing everything with you when you arrive. And, if you have any questions at all, just contact us below.

PRE-COACHING SESSION WORKSHEET

In addition to what you'd like to go over with Coach Banks, please prepare the following as applies to you.

- **List 10 separate goals you're desiring to reach (5 long / 5 short)**
- **List 5 obstacles you feel are in your way**
- **List 8 things you have presently working for you (gifts, talents, assets, attributes)**

Write a one paragraph Vision Statement for what you want your professional life to look like. [Similar to an ideal life snapshot]. Do this with the understanding that there are no obstacles in your way.

Bring in your headshot, resume and reel (whatever you currently have). It doesn't matter if your materials are out of date or if you're not happy with them. Just bring in what you do have.

If you're doing a SKYPE SESSION with Coach, send your materials via email along with any links to on-line footage and photos.

That's it!

Now, go get to work ☺! And be prepared for one truly powerful, life altering, all inspiring private coaching session with Coach Banks.

You're going to love it!

Chrysta Marquez
Personal Ast. To Coach Banks
Chrysta@ClayBanksStudio.com