



Centre for Career and Personal Development

Life Design Coaching Appointment

Pre-Reflection Questions

Instructions: Prior to your scheduled appointment, we encourage you to reflect on the following questions.

- 1. What is the main topic you would like to discuss?**
- 2. What strategies have you've been using?**
- 3. What's working well right now?**
- 4. Are there any areas where you feel stuck or uncertain?**
- 5. What would you like to explore next?**