

Welcome to social skills training with me!

Please “copy” this sheet File > Make a Copy and complete it. Share with [giovannirawn@gmail.com](mailto:giovannirawn@gmail.com).

Take the time to really think about the answers to the following questions.

**1. Why do you want coaching?**

Be specific as possible.

Examples:

“I want to start having real conversations with my people I meet at work”

“I want to date a really attractive girl and know how to talk to her properly”

“I want to prioritize my relationship with my spouse by taking walks with him/her 2 times a week and scheduling regular date nights.”

**2. What are the most important things (positive and negative) happening in your life right now?**

**3. In what ways would you like your life to be different one year from now if you couldn't fail (can be social skills related or life related)?**

**4. What is your ultimate goal now with your social life?**

**5. What is stopping you from moving forward? Taking action? Being the best?**

**6. What do you think controls and determines the quality of your life?**

**7. What are some of your biggest fears when it comes to learning social skills?**

**8. Why is getting better socially important to you?**

**9. How might you sabotage yourself as you work toward your goals, or how might you sabotage me as your coach?**

**10. List at least three things you procrastinate at—the things that you've been putting off.**

**12. What, if any, are your concerns about coaching?**

**13. Rate the level of stress in your life on a scale of 1 to 10. (1=low and 10=high)**

**14. What are your primary stressors?**

**15. How or why did you select me as your coach?**

**16. What would you like me to do if you fall behind in progress toward your goals?**

**17. How do you like to be supported or held accountable?**

**18. What else would you like me to know about you?**

**19. Which areas of social skills would you like to focus on the most?**

- a) Communication with women
- b) Communication with men
- c) Professional networking
- d) Social circle building
- e) Dating
- f) Other:

**20. Do you have any social media (public) accounts or pictures where I can get a good read on your style sense?**

**21. Legal stuff: Have you ever been diagnosed with a mental illness, depression, or any major health related issues?**