

# Strategic-Success LIFE COACHING

CERTIFICATION PROGRAM™

A Training & Development Program of SXCG, LLC

CERTIFIED

STRATEGIC  
SUCCESS

LIFE COACH

## SSLC PRE-ENROLLMENT SELF-ASSESSMENT

### LIFE-COACHING INTEREST SELF-ASSESSMENT™

DR. SHERYL L.W. BARNES

**INSTRUCTIONS:** Please set aside sufficient time to provide answers that go “below the surface” of basic responses. Life Coaching is a highly introspective process that taps into the heart and soul of people. This seemingly simple set of only three questions is designed to probe deep into **your** heart and soul so please... take your time as you answer.

We recommend: (a) writing your responses in a journal (physical or electronic); (b) answering the questions more than once but on different days, and (c) reviewing your responses at least two or three times prior to your 20-minute PRE-ENROLLMENT CONVERSATION.

**Q1. WHY do you want to be a Life Coach?**

*Explain your reasons, motivations, passions and drives.*

**Q2. WHO do you want to serve / have as your clients?**

*Describe who your clients will be – their issues, problems, concerns and needs.*

**Q3. WHAT do you have to offer your clients?**

*What are your abilities, education, work & life experiences, skills, gifts and credentials that will help your clients?*



*“TRAINING that TRANSFORMS!”*  
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