

PERSONAL COACHING APPRAISAL

		YES/NO
1	Circumstances take advantage of me and I'd like it to be the other way round	.
2	I have come to the end of my career path and realise I want something more'	
3	I work extremely hard for seemingly little reward and would like to take a step back and enjoy what I do	
4	I feel my relationships with people need improving . I would like to be more in touch with the people around me	
5	I lack self discipline and would like to take more control of my life	

If you have answered 'yes' to any of these statements, Contact Ross for support to put balance back in your life +65 6491 1154 or email ross.carter@eqlifecoach.com