



Rise Up Together Group Coaching Program with Michelle Layli Farnsworth

WELCOME!!

We are excited to have you join our Rise Up Together Group Coaching Program to support your journey of Finding and Following Your Design Fully. You may have been on this journey for many years or you may be just beginning. Either way we feel blessed to support you. What follows is a series of questions for your reflection; your responses will help us get to know you a little better.

There are no right or wrong answers, just the answer that reflects where and who you are today. Take the time and create the space you need to do this so that you can thoroughly reflect. Please complete this before our first group coaching session.

1. WHAT DO I HOPE TO GAIN FROM GROUP COACHING WITH RESPECTS TO FINDING AND/OR LIVING MY DESIGN FULLY – WHAT WOULD I LIKE TO GAIN THROUGH WORKING WITH A COACH AND A COHORT OF OTHERS ON A SIMILAR PATH?

2. WHAT DO I BELIEVE IS IMPACTING MY ABILITY TO IMPROVE IN THIS AREA? (OVERTHINKING, PAST TRAUMA, CAN'T DETERMINE ROOT CAUSE, GIVING MYSELF PERMISSION, DIFFICULTY SEEING WHAT IS POSSIBLE, ETC.)

FOLLOW YOUR DESIGN

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3. WHEN DO I FEEL LIKE MY BEST, HAPPIEST, FREEST, MOST JOYFUL SELF? WHAT AM I DOING, HOW AM I FEELING/ACTING, WHO AM I WITH (IF ANYONE), WHERE AM I? (DESCRIBE IN AS MUCH DETAIL AS POSSIBLE.)

4. WHAT CHALLENGES HAVE I OVERCOME OVER THE PAST FEW YEARS AND HOW DID I DO IT? WHAT HELPED? WHAT MADE IT MORE DIFFICULT? (THIS QUESTION HELPS ME AND THE COHORT KNOW WHAT TOOLS YOU DRAW ON, HOW YOU WORK THROUGH DIFFICULTIES, ETC. SO THAT WE CAN SUPPORT YOU IN A WAY THAT RESONATES WITH YOU.)