

Dear member,

We would like to invite you to contribute to ICF Quebec monthly newsletter: Coach Quebec. To do so, you are asked to please select 10 questions from the list below. Once completed, kindly return your answers in a WORD format document to Coachquebec@ICFQUEBEC.ORG.

You should know that we have asked other members to participate as well. Consequently, we reserve the right to select the participant as well as the dates at which the article will be published (could be in later months). In any case, we will notify you ahead of time when your article is published.

Thank you in advance for your interest and generosity in contributing to Coach Quebec.



Gisèle Aubin – ICF Québec Communications

10 QUESTIONS TO A COACH

1. How did you become a Coach?
2. What would bring you the most happiness today?
3. What are you most passionate about?
4. How will you measure your life?
5. What scares you the most?
6. The biggest dream you have is...
7. Where would you like to be two (2) years from now?
8. Which question remains unanswered for you?
9. What is the most inspiring song you know, and why?
10. What gets you in a good mood?
11. Your definition of happiness is...
12. The most challenging part of your day-to-day life is...

13. _____ moves You to tears
14. One thing you just can't understand is...
15. Your Dreams vacation is...
16. What motivates you to get out of bed in the morning...?
17. The best advice you ever received
18. You would like to have more of...
19. You would like to be more...
20. If you were not a coach you would be....
21. What is your favorite quote?
22. What are you addicted to?
23. Describe yourself in two (2) to three (3) words...
24. Imagine yourself ten (10) years from now. What advice your future self would give your present self?
25. What allows you to be the best coach you can be?
26. What is the question you are still trying to answer?
27. What makes you laugh?
28. If you wrote your biography, what would be the title?
29. What brought you to where you are in your professional life today?
30. What music do you listen to?
31. What do you consider being your greatest success in life?
32. When you are extravagant, what are you doing?
33. What talent would you like to have?
34. How do you keep your stress level under control?
35. What is your most valuable possession?
36. A sentence that throws you off balance?
37. What do you like to indulge in?
38. Who is your life hero?
39. What I your motto?
40. What do you dislike more than anything else?
41. What about you are others most often mistaken on?
42. What inspires you the most in life?
43. Do you have a routine to prepare you to every coaching session? What is it?

44. What is unique about you?
45. Describe a pure moment of happiness...
46. What has been your biggest life challenge?
47. What remains to be learned for you...?
48. Family is...
49. Happiness is...
50. Friendship is...
51. Your most beautiful travel memories.
52. Your favorite dish and why?
53. Your favorite city and why?
54. What would you like your legacy to be?
55. If you had the opportunity to talk to everyone you know every day, what would you like to tell them?
56. If you could change one thing about your life, what would it be?