

# Are you ready?

Christine Kennedy works with clients who are seeking something more personally and professionally. You're an ideal client if you're ready for something more and are excited about having help to create the environment you want.

If you check any of the statements below and you're ready to pursue answers, then contact Christine for a complimentary session to begin the process of strategic and purposeful living.

- I am a high achiever and driven to succeed.
- I am ready and dedicated to investing time and energy into myself and my goals.
- I want to be accountable for doing what it takes to achieve my vision.
- I am searching for more in my personal, spiritual or professional life.
- I keep my word without struggling or sabotaging.
- I own up to my mistakes and am willing to learn from them.
- I will speak straight (tell the whole truth) to the coach.
- I am willing to stop or change the self-defeating behaviors that limit my success.
- I am willing to invest the resources for coaching and will not regret my investment because I am committed to the outcomes.

Coaching is a partnership that produces powerful results for a client more quickly than if the client worked alone. The partnership between coach and client exists for the sole purpose of supporting the client's agenda and maximizing his/her success.

As your coach, Christine delivers support, accountability, compassion, resources, focus, and a sounding board for your ideas. Confidential coaching sessions provide you with clarity of mission, new insights into your performance and the motives behind your actions, and the tools to overcome obstacles, both internal and external, to obtain the results you desire.

Christine has coached people from all walks of life across the United States, from business owners, federal government employees, entrepreneurs, managers and young professionals to homemakers.

If you're ready, take the assessment on the reverse side and then contact Christine to schedule a complimentary coaching session to review your results and create a plan for achieving the life you want!

**From a client:**

*"Christine is a phenomenal coach, businesswoman, and person. I have had the honor of being coached by her many times. She's a natural leader who brings her down-to-earth, straightforward qualities to every interaction, which is incredibly refreshing. Her no-holds-barred approach to coaching works wonders in getting to the heart of the matter and inspiring her clients to take results-oriented action. ...And the best part is that she does all of this with lots of sincerity, caring, and finesse." Hayya, Washington DC*

**OVER**

### Current Situation Assessment

Complete the following assessment. Honestly rate where you are with each pair of phrases. Decide where you lie on the scale from 1 to 10. Add up your total from each column. Coaching will help you understand the significance your score and how to get where you want to be.

	10	9	8	7	6	5	4	3	2	1	
My daily work gives me energy and is in alignment with my passion											My daily work leaves me fatigued and tired and I wonder if it is in alignment with my passion
I am using my talents to their highest purpose											I am not using my talents to their highest purpose
I am clear about my core values; I feel that I am living authentically											I do not know what my core values are <u>or</u> my life is not in alignment with my values
I am clear about my future vision											I am unclear about my future vision
I know what my priorities are and I have a plan to achieve them											I am unclear what my priorities should be and I don't have a plan to achieve them
I have clearly communicated my plan to the people who are important to me											I have not clearly communicated my plan to people who are important to me
My life is balanced and I invest time in the things that are most important to me											My life is out of balance and I have areas that I need to give more attention
When I set out to do something lately, I am completely confident and able to execute											When I set out to do something lately, I am fearful, stuck or can't seem to get any movement
ADD COLUMN TOTALS											YOUR SCORE _____