

Transformational Coaching for Personal Development

ARE YOU READY WORKBOOK



Are you READY?

Review the 5 steps below and explore the related questions to prepare for your coaching journey

You don't need to answer every question; review each one and choose the questions that you feel could be most helpful to explore right now

RECOGNISE that there's something you want to change



What do I want?
What's my vision?

EVALUATE your current situation, your goals, and your capacity for change



Do I have time, energy, and capacity for this?

ASK about coaching and how it can help you toward your goals



What is coaching?
What are my options?

DISCOVER whether coaching is right for you at this time



Where can I book in for a free, 60-minute Discovery session?

Say **YES** to making an investment in yourself and your future



On a scale of 1 to 10, where 1 is a NO to coaching and 10 is an absolute YES, where am I at currently?

Use the question prompts on the next page to support you further in your coaching readiness

Coaching Readiness Worksheet

Empowering you to make the best choices
for your own personal development

Answer the questions below to enable yourself to advocate for your personal development and get the support you need on this journey.

Plan my coaching journey

What results do I want for myself in...

3 months?

1 year?

3 years?

What challenges will I need to overcome to achieve these results?

Why do I want a coach? How will coaching help me reach my goals?

What are the results I'm going to be able to see?

What are my next steps?

Contact coaching@witten.kim for support with your coaching readiness.

If you find that you are struggling with this workbook – for whatever reason – please reach out to me at the email above and let's chat about the other ways I can support you on this journey.

SET for Your Success

The Benefits of Strategic Expert Thinking™

Strategic Expert Thinking™ (SET) is a transformational coaching program designed specifically for creatives and other leaders of change who want to master their mindset, increase their resilience, and make a huge impact in all that they do.

Here are nine key ways that Strategic Expert Thinking™ guarantees your success:

Unlock your potential:

13 coaching sessions

Improve your time management:

Design Your Time kickoff workshop

Plan and deliver results every week:

SET productivity system

Get unstuck:

Three 30-minute spot coaching calls for anything that comes up

Play to your strengths:

Strengths Profile assessment and application

Align your values and work:

Values assessment and application

Review ideas and insights:

Session recordings and transcriptions

See and track your progress:

Miro board, Journey Map, and custom Success Plan

Present your best:

Two consultations on a piece of work

More benefits:

- Become a more empowered, confident leader
- Improve your communication skills – hear and be heard
- Be able to persuasively present your ideas
- Explore and manage challenges and transitions
- Consistently create the results and outcomes you want

Kim Witten, PhD

Helping overwhelmed
creatives turn
overthinking into
expert thinking



Kim Witten
COACHING



I am on a mission to create a world of Strategic Expert Thinkers[™] who are getting their ideas heard, building the careers they want, and are making an impact in all that they do.

With over 20 years of design experience, a PhD in Sociolinguistics, and an accredited diploma in Transformational Coaching, my unique approach helps you turn your overthinking into expert thinking.

From career-changers to change-makers, I've supported people from all over the globe to master their mindset, build their resilience and feel more confident, so that they can create the life they really want and reach their full potential.

Book your free discovery call to see how coaching can help you with your personal development.

[Book your Discovery Session now](#)