



M A N D A L I D I S

sets people in motion

Focus assignment

Name:

Date:

Dear Coachee

Take a moment to think about the following questions and write down your thoughts in keywords. By putting them into words, your process begins, and we can work even more purposefully in the coaching session. Send me the completed focus assignment at least two days before our appointment to the following email address: helene@mandalidis.ch.

1. This has changed since the first coaching:

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2. I would like to work on these concrete topics in the next appointment / This is what I would like to achieve:

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3. What I have done so far to solve my problem (including ineffective attempts):

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