

OVERVIEW

Client Situation Map

See the client's whole context before you promise any outcome.

CLIENT / NAME

COACH

SESSION DATE

P Purpose

Map the visible situation and the invisible pressures around your ideal client — work, relationships, health, money and time — so your coaching fits their real life.

W Why this matters

Life problems do not arrive in neat categories. A career question is usually a confidence question with a deadline. Mapping the whole context keeps you from selling solutions to the wrong layer.

1 The five life zones**Work here**

Rate energy and satisfaction 1-5 in each zone: work, relationships, health, money, meaning.

2 Pressure lines**Work here**

Which zone is currently pulling the hardest on the others? Draw the connection in words.

3 Season of life**Work here**

What transition, decision or deadline makes NOW the moment they would look for a coach?

4 Support system

Work here

Who already supports them — and what can a coach add that those people cannot?

- ☐ Partner or family
- ☐ Friends
- ☐ Mentor at work
- ☐ Therapist or doctor
- ☐ Nobody — they carry it alone

5 Private constraints

Work here

Time, budget, energy, privacy needs — what would make coaching practically hard for them?

R Read it back

READ-BACK

Look at your map: which single zone, if coached well, would lift two others with it? That zone is usually where your positioning should live.

YOUR NEXT MOVE

Circle the one zone you most enjoy coaching. Cross-check it with Tool 05 (Segment Fit Matrix) before you commit.