

It's your first coaching session!



Here's *what* you can expect.



Coaching =
a **structured
conversation**
to help us
gain clarity,
not advice-
giving, so...

**We set the focus
together with
questions like:**



**“What do we want to
achieve today?”**

or



“What’s on your mind today?”

Expect powerful,
open questions that
require **more than a
yes or no:**



“What could be possible
through change?”

or



“What are you **tolerating?**”

We may use various strategies and tools to help you **reframe your perspective** and dig deeper:



“Create a love and loathe list.”

or



“Quantify a response on a scale of 1 to 10, how much is X impacting your ability to achieve Y?”

**We end with
actions and
accountability
so progress
continues
between
sessions.**

Remember,
we're here to
**support, and
challenge** you
to reach your
full potential.



Save this as you get ready for
your first coaching session.