

Coaching Preparation

Preparing for the coaching session will allow you to optimize your results and our time together. Prior to the session, you may wish to answer the following questions:

1. How am I, today,. Right now? How has my week (month etc) been?

2. What do I want to get out of the call/session today?

3. What action did I take since our last session? What were my wins/challenges?

4. What do I have to report? What do I want to be held accountable for?

5. What issues do I want to deepen on our call/session today? What are the challenges, concerns, achievements, or areas of learning to be addressed?

6. Debrief of last session's inquiry:

7. What else?
