



Prepare for the Coaching Session

This will allow you to optimize your results and our time together. Prior to the session, answer the following questions:

1. How am I, today, right now? (scale of 1-10) How has my week been?
2. What do I want to get out of the call 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 today? What are the challenges, concerns, achievements, or areas of learning to be addressed?
6. Debrief of last week's inquiry:
7. What else?