



Your Coaching Sessions

INSTRUCTIONS

- Each Coaching Session is special. It's a unique exchange of ideas, thoughts, questions, observations and reflections between you and your coach - so a session cannot be scripted in advance.
- This list is to help you prepare and make the most of your coaching session with ideas of topics you may want to discuss.

- **Feelings about...** self/others
health
work/career
finances
life/meaning
attitudes/habits
a recent experience
what else?
- **Positive events...** achievements
changes
insights
happiness/joy
what else?
- **Other events...** disappointments
decisions
concerns
what else?
- **Future events...** plans/commitments
visits/meetings
goals/ actions
strategies to get there
what else?
- **Areas to get help...** stuck
missing/would like
patterns/habits
unsure about/confused
fears and worry
focus/motivation
what else?

If you like, write some ideas below or perhaps circle the areas above you might like to discuss:
