

Preparing for My Coaching Session

You can reap greater benefit from your time with your coach by taking a few minutes to transition from your last task, or to think about your upcoming coaching session. Here are questions to stimulate your thinking:

1. What do I want to get out of the call today?
2. How would I like to be supported by my coach today?
3. How am I today, right now?
4. Do I need to vent, clear or process any emotions?
5. What have I observed from increased awareness or trying new things?
6. What were my recent highs, lows, lessons and learnings?
7. Where do I want to deepen today?
8. Where am I hungry for change?
9. What am I hungry to change?
10. What's new to me?
11. What are the areas of challenges, concerns, achievements, or learning to be addressed?
12. How am I progressing towards my goals?
13. What's getting in my way of achieving my goals?
14. What can I celebrate today?
15. What do I want to be held accountable for?
16. What else?