

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:

- How am I, today, right now? How has my week been?

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

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

- What actions did I say I would take at our last session that I didn't take? What got in the way?

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

- What issues do I want to deepen on our session today? What are the challenges, concerns, achievements, or areas of learning to be addressed? What did I run into that I didn't know how to handle?

- What else?