

WHAT TO TALK ABOUT DURING YOUR SESSION

Because the coaching relationship is unique, it helps to know what is best to talk about during the call – and what not to talk about!

HOW YOU ARE

- How you are feeling about yourself – good stuff and bad stuff
- How you are looking at your life
- How you are feeling about others

WHAT HAS HAPPENED SINCE THE LAST CALL

- What has occurred to you since the last call
- Shifts, wins and insights
- Any new choices or decisions made
- Personal news

WHAT YOU ARE WORKING ON

- Progress report on your goals, projects and activities
- What you have done that you are proud of
- What you are coming up against

HOW I CAN HELP

- Where you are stuck
- Where you are wondering about something
- A distinction
- A plan of action
- A strategy or advice

WHAT'S NEXT

- What is the next goal or project to take on
- What is the next goal or distinction to understand
- What do you want for yourself next