

What To Talk About With Your Coach During Your Session

Because the coaching relationship is unique, it helps to know what is best to talk about during our call or meeting, 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've 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 IS 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

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