



THE COACHING MODEL

SESSION PREP QUESTIONS

To get the most out of each coaching session, take a quiet moment to consider how you want to use your time with me in our next session. Approximately a day prior to each session please text or email brief answers to these four questions.

OPEN WITH PURPOSE

1. What is your agenda item?

DISCOVERY WITH FACT-FINDING

2. What breakthroughs or insights have you experienced since our last session?



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INVOLVE WITH SEEKING IDEAS

3. What is your greatest challenge you are facing right now?

AGREE WITH ACTIONS

4. What is ONE THING you could do TODAY to make the greatest impact?