

What to talk about with your coach

How are you?

- How are you 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 can I help?

- Where you are stuck?
- Where you are wondering about something
- A plan of action

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?