

CHECKLIST TO PREPARE FOR YOUR COACHING SESSION

Remember, you do not need to know all the answers yet. Your coach, and the coaching process, will get you there.



In short

- Be ready to tell your coach what you would like to achieve in your coaching session(s)** - this is important for the coaching session(s) to add most value to you, see the Mindset category for more tips
- Plan your presence** - make sure you have uninterrupted you-time throughout your session, you may also want to schedule some post-session action time



Mindset

- Think about what you need now** - this will help you focus on what truly adds value to you
- Think about how you have previously succeeded in a similar situation** - this will shift your mindset towards a winner approach
- Remind yourself of your long-term goal** - this will help you keep on track towards what truly is important and meaningful for you
- Come back to your short-term goal and what you should be working on** - this will help you tell your coach what you want to focus on in your session



Material

- Notebook & pen** - for insights, to do lists and reflection
- You** - come as you are