

What To Talk About With Your Coach During Your Session

HOW YOU ARE

How you are feeling about yourself-good stuff and bad

How you are looking at your life

How you are feeling about others

HOW WE ARE

How you are feeling about your relationship with your coach: Is your coach in tune with you? Are you feeling deeply heard? If you feel there is even a tiny rupture with your coach, can you bring it up?

Any negative or ambivalent feelings about your last session

WHAT HAS HAPPENED SINCE YOUR LAST SESSION

What has occurred to you since your last session

Any breakthroughs or insights you have had

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 up against

WHERE YOUR COACH CAN HELP

Where you are feelings stuck

Where you are wondering about something

A plan of action

Understanding and supporting wherever you are

WHAT IS NEXT

What do you want for yourself next?