

# Initial Coaching Session

Read the agenda below.

## 1) Welcome, Purpose and Agenda for today's session

## 2) Welcome Packet reflection questions

- ❖ What did you discover or learn about yourself?
- ❖ Question #11 on Values

## 3) "Designing the Alliance": how we can best work together

- ❖ Why coaching at this time in your life?
- ❖ How do you want me to coach you? support? challenge? hold accountable?
- ❖ My coaching philosophy (see attached)
- ❖ My requests of both of us: show up prepared, name what's working/not working, intrude if learning/action is not happening, bottom-line skill
- ❖ Your requests?
- ❖ Rule #1: Nobody gets to be wrong!
- ❖ When we come to a close, how will you know this has been successful?

## 4) Granting the coaching relationship power (confidential, sacred, intimate, profound)

## 5) Resources in your folder

- ❖ Wheel of Life with co-active coaching model, including action & accountability
- ❖ Primary Focus, for first three months, complete together
- ❖ Optional: Immediate Goals or "Quick Hits"
- ❖ Optional: Pre- and Post-Coaching Call Worksheets
- ❖ Optional: Completion List

## 6) The "Gremlin" voice (Inner Critic), strategy is to "notice, name, choose"

## 7) Choice: commit to work together based on today? If mutual "yes", then:

- ❖ Guidelines: any questions?
- ❖ Coaching Agreement: any questions? Both sign and date both copies.
- ❖ Collect money for today and review payment process for first of each month.
- ❖ Schedule next coaching call dates; same time each week?

## 8) What's the "take-away" for you in today's session?

## 9) To Do's, Questions/Concerns, Intention to hold for you

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