

First Session Agenda

Your logo here.

Client	Session Number	One
Date	Time	Format

Before The Session

- ☐ Get clear of the previous session or activity I was involved with
- ☐ Review any notes taken on prospect previously _____

Starting The Session

- ☐ Hi, how are you? Thanks for your interest in life coaching.
- ☐ So, tell me a little about yourself

- ☐ What's your greatest challenge right now? _____
- ☐ What motivates you in your life right now? _____
- ☐ What are you tolerating (physically - home/office)? _____
- ☐ What are you willing to do in the next 30 days? _____

Towards The End Of The Session

- ☐ Give one great insight, tip, tool or action - use my intuition _____
- ☐ Ask prospect if they would like to proceed with life coaching for next x months
☐ YES ☐ NO
- ☐ If not, why not? _____
- ☐ We have about 5 minutes left, let's review your Action Items:

- ☐ What's one thing you have gotten out of today's session? _____
- ☐ Confirm next session date, time and format _____

After The Call

- ☐ Send fieldwork via email and file this form

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