

First Coaching Session

These are essential questions to ask.

- **WHAT ARE YOU EXPECTING FROM COACHING?**
- **WHAT DO YOU NEED MOST FROM ME TODAY?**
- **WHAT DO YOU NEED MOST FROM ME DURING OUR COACHING?**
- **WHAT IS THE BIGGEST CHANGE YOU ARE WILLING TO MAKE TODAY?**
- **WHAT ARE THE FIRST THREE THINGS YOU ARE GOING TO DO IMMEDIATELY AFTER OUR SESSION TODAY?**
- **HOW LONG WILL YOU BE COACHING WITH ME?**
- **HOW MUCH OF THE WORK ARE YOU GOING TO BE WILLING TO DO DURING OUR SESSIONS?**
- **WHAT IS THE ONE THING I SHOULD NOT SAY/DO WITH YOU TODAY?**
- **WHAT IS THE MOST EXCITING PART OF WORKING WITH A COACH?**
- **WHAT IS THE SCARIEST PART OF WORKING WITH A COACH?**

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