Preparing for the coaching session will allow you to optimise your results and our time together. Prior to the session, you may wish to answer the following questions:

1. How am I, today, right now? How has my week (month etc) been?

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2. What do I want to get out of the call / session today?

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3. What action did I take since our last session? What were my successes? Are there specific reasons for not achieving any agreed actions?

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4. What have I been noticing? What do I want to be held accountable for?

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5. What issues do I want to explore in our session?

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6. Debrief of last session's focus issues: What are the challenges, concerns, achievements, or areas of learning to be addressed?

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7. What else?

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