



What to Talk About with Your Coach

HOW ARE YOU

- ~ How you are feeling about yourself – good stuff and bad stuff
- ~ How you are looking at your life?
- ~ How you are feeling about others?

WHAT HAS HAPPENED SINCE THE LAST CALL

- ~ What has occurred to you since the last call?
- ~ Breakthroughs and insights
- ~ Any new choice or decisions made
- ~ Personal news

WHAT ARE YOU WORKING ON

- ~ Progress report on your goals, projects and activities
- ~ What you've done that you are proud of?
- ~ What you are coming up against?

HOW I CAN HELP

- ~ Where you are stuck?
- ~ Where you are wondering about something?
- ~ A distinction for clarification
- ~ A plan of action
- ~ A strategy or advice

WHAT IS NEXT

- ~ What is the next goal or project to take on?
- ~ What is the next goal for yourself?
- ~ What do you want for yourself next?