

# Coaching Session Prep Document



Preparing for your coaching session will help you get this most out of it. This tool is not meant to judge. It's about getting focused on maximizing your session.

As outlined in the onboarding document, what we discuss in sessions is ultimately your decision. I will always come prepared with discussion topics if you're not sure what to discuss. The goal is to move you towards your ultimate goal. Consider the following topics for your session;

- Anything you perceive is getting in the way of you getting the results you want.
- Anything distracting you from moving towards your goal.
- Situations where you're struggling to take action on your career.
- Any questions or struggles you have on the weekly content.

**WHAT DO YOU WANT TO ACKNOWLEDGE THAT YOU'VE ACHIEVED SINCE THE LAST SESSION?**

**WHAT WERE SOME OF THE SITUATIONS WHERE YOUR THINKING, FEELINGS OR ACTIONS WERE GETTING IN THE WAY OF YOUR RESULTS?**

**WHAT DO YOU WANT TO FOCUS ON FOR THIS SESSION?**

**WHAT WOULD SUCCESS LOOK LIKE AT THE END OF THIS SESSION?**