

Intro:

- Welcome
- Experience with Coaching
- Safety / Confidentiality
- Invite / Present / Mindful / Free of Distraction
- Capable of Given Time
- No Judgement

Engage (I want):

- Start / Tell Me More / Curious
- What do you want from this?
- Alignment - Your Work / Our Work
- How important
- Contract: Paraphrase / Would you like to spend time on this and to what end?
- How would you feel or what would be different at the end of today's session?

Enlighten (I see):

- If no obstacles...
- Barriers
- Resources
- What would you need?
- Hats / Perspectives
- Metaphors
- What part might you be playing in this problem?
- Who or what is holding you back?
- Notice tone of voice
- Observations

Empower (I can):

- How ready? - Important
- How would success feel?
- Past Experiences that support
- Ready?

Excel (I will):

- What has come up for you?
- New learnings?
- Learning about yourself
- How might you reach your goal?
- Evidence
- Next Steps
 - Obstacles
 - Resources
- Timelines
- Accountability

Closure:

- How are you feeling?
- Any other support from me?
- Follow Up
- Thank you


