



# OUR COACHING *sessions*



So that you know what to expect, here is a short summary of how our coaching sessions will work.:

- We will meet at our scheduled date and time.
- During the session we will focus on the agreed action steps and goals identified in your plan or as discussed in a prior session. However, if you'd like to explore a different area, please give me 24 hours notice so that I can be best prepared for you.
- During the week you will have taken the time to work on the steps set out in your coaching action plan.
- Each month, we will carry out a reflection exercise when we evaluate progress and review how effective the coaching sessions are for you.