

TIPS TO PREPARE FOR YOUR COACHING CALL

Prepare your mind - carve out space to think.

Create your environment - take your call in a distraction free place.

The call is confidential, think about what you are willing to share; that will help you get the results you want.

Questions to consider:

What would life be like to have more control over your thoughts and emotions?

What changes or concerns are keeping you up at night?

What have you tried to do on your own to resolve the area(s) of concern?

What would life look like to have this resolved? (Who would you be with, how would it feel, what would it look like?)

Do you wish to be well?



R3 REVITALIZE
BREAK FREE