

Prepare for your coaching call

Answer five short questions. Brief notes are enough; no prior experience is required.

Client name

Planned session date

01 What is the one career or leadership challenge you want to work on?

02 Where are you starting, and who or what is involved?

03 What outcome would make this call useful?

04 What have you tried, and what happened?

05 When do you need to act, and what constraints matter?

AI and recording consent status

Participation or access needs

Confirm notice and consent before any recording or AI capture begins. Leave the consent field blank until discussed.