



Erick Enterprise LLC
"Strengthening Individuals and Empowering Families"

Coaching Preparation

Preparing for the coaching session will allow you to optimise your results and our time together. Prior to the session, you may wish to answer the following questions:

1. How am I, today, right now? How has my week (month etc) been?

2. What do I want to get out of the call / session today?

3. What action did I take since our last session? What were my wins / challenges?

4. What do I have to report? What do I want to be held accountable for?

5. What issues do I want to deepen on our call / session today? What are the challenges, concerns, achievements, or areas of learning to be addressed?

6. Debrief of last session's inquiry:



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7. What else?
