

Signature Systems Coaching – Pre-Session Instructions

As part of the Signature System Coaching, we will be ‘walking’ your work process during the session.

As such, you'll need about 10 steps of unobstructed space in front of you to do this (no tables, chairs, or stuff on the floor).

You may be able to do this along the front of your desk, so you are still near your computer or walk from the room door towards your desk – depending on your office set-up. You should allow a little bit of space on either side of the line if possible.

It's also great if you can face a window during this coaching to gain an additional sense of spaciousness as we go through the process.

Please have a pen handy too and a notebook, so you have something harder to write on as you ‘walk’.

I would also like to specifically ask you to print out page 4, titled “Signature Systems Creation Steps Sheet” 10 times.

If you have any questions or anticipate any issues with the setup, please give me a shout and we can try and work something out.

I am excited to be working on this with you and I look forward to seeing you in our live session.