



Shared Ambition

Executive Search - Coaching - Consultancy

Preparing for a coaching session

Coaching can be uplifting, motivating, challenging and thought-provoking - a focused **Power Hour for growth**.

In our first session, we agree how we will work together and the approach that suits you. Some days may call for a gentler touch; other days for a challenge. My role is to help you define your focus and make the best use of time.

Coaching is built on questions. You do the thinking while I listen and guide, helping you move forward. Each session ends with clear actions and deadlines.

As your coach, I help you perform at your best, personally and professionally.

Coaching does not give advice; it enables you to create the future **YOU** want.



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Ahead of your coaching session...

- Decide what you want to focus on.
- Ask yourself: in three months' time, what would you regret not discussing?
- Note the key themes that excite or concern you.
- Jot down a few bullet points to organise your thoughts.
- Take ownership of the session: ask for what you need, take notes if helpful, and stay open to new insights.
- Be curious and courageous. Challenge your assumptions and keep a growth mindset.
- Reflect before, during and after your session.
- Remember, coaching helps you build confidence and capability to perform at your best.



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Some questions to help you prepare...



What have you been pleased with?



What was difficult for you?



What were you/are you uncertain about?



What are you looking forward to?



Are there some doubts/anxieties/feelings just “out of view” which you would rather keep out of view?



Are there any themes emerging for you overall that you would like to review?



What do you want to have happen - for yourself or your learning?