

Preparation in advance of the coaching session will allow you to maximize the time with your coach. Prior to the session, consider and answer the following questions:

1. What is the topic I want to discuss?

2. What do I want to achieve from this session?

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

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

5. What else would make this session the most productive and move me in the direction of my goals/objectives?