



PRE-COACHING CONSULTATION

For an initial meet and greet, generally this is no charge, concise, and brief (30 minutes). This is mostly about outcomes aimed for in the coaching process, clarity around what it may look like, and "fit". Thus it is both a *results-oriented* and *relationship-oriented* meeting.

1. **General outcomes** aimed for/**desired results** in coaching relationship (client shares):

2. **3 Specific outcomes** aimed for/**desired results** in coaching relationship (client shares):

- a.

- b.

- c.

3. **Expectations** in coaching relationship (client shares):

4. **Personal preferences** in a coaching relationship (client shares):

5. **Your strengths** (client shares):

6. **My strengths** (coach shares):

7. Level of **accountability/expectations** from myself in a coaching relationship (coach shares):

8. **Summarize focus** in the coaching relationship (coach shares):

9. **Tools & resources** we will use - NCQ, Life Scripts, GOD Form, other tools.

10. Discussion about "**Session Logistics**" - i.e. length of sessions, how they occur, number of sessions per month, how many months to begin with, homework, etc.

11. Discussion around **fees/payment terms**/etc.

