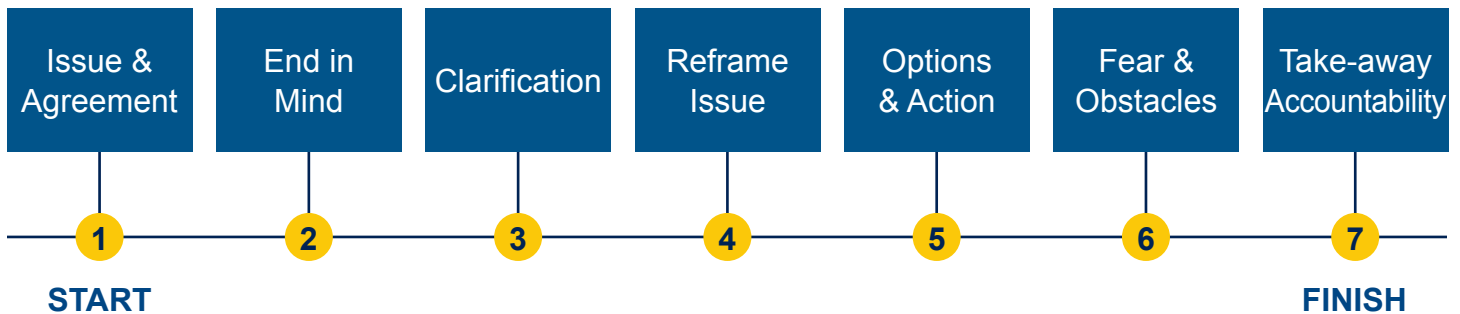




Timeline of a Coaching Session



1. People want to be coached for a specific reason. The first step is to identify the issue(s) and agree on the scope of the coaching session.
2. What is the desired outcome? Where are you now? What have you done so far? What are you planning to do next (if anything)?
3. The next step is to ask a series of clarifying questions to make sure the issue is... really the issue. Often it is not!
4. The question now is if the issue must be reframed. Perhaps not, but usually some reframing is done given the added clarity.
5. Now we explore specific actions that can be taken. Options are explored and prioritized.
6. If it were easy, we wouldn't need coaches. Fear and obstacles are facing every action. Helping to remove them are where the magic in coaching lies!
7. The session ends with take-aways or "aha's" and a commitment to taking specific actions. Time and place of next meeting are agreed upon.

