

TAKE FIVE IN FIVE

Coaching Preparation Questions

Take five minutes before every coaching session to reflect and focus. This investment of time is an important way to capture your progress, learning and challenges. It also gives your coach valuable information about how to best use your time together.

- 1. What have you noticed since your last session?**
- 2. What has made you most proud? (small “wins” count!)**
- 3. What has been your biggest challenge?**
- 4. What do you want help with at your session?**
- 5. Anything else you want to share with your coach?**