



# What To Talk About During A Coaching Session

Coaching sessions can be face-to-face or telephonic. A typical first coaching session may last up to 30 minutes just to set baselines and goals. Subsequent meetings/conversations are typically no more than 15-minute check-ins on participant progress. Because the coaching relationship is unique, it helps to know what is best to talk about during a coaching call or meeting

## HOW YOU ARE?

- 🕒 How you are feeling about yourself - good stuff and bad stuff
- 🕒 How you are looking at your life
- 🕒 How you are feeling about others

## WHAT HAS HAPPENED SINCE THE LAST CALL?

- 🕒 What has occurred to you since the last call
- 🕒 Shifts, wins and insights
- 🕒 Any new choices or decisions made
- 🕒 Personal news

## WHAT YOU ARE WORKING ON?

- 🕒 Progress report on your goals, projects and activities
- 🕒 What you've done that you are proud of
- 🕒 What you are coming up against

## HOW I CAN HELP?

- 🕒 Where you are stuck
- 🕒 Where you are wondering about something
- 🕒 A distinction
- 🕒 A plan of action
- 🕒 A strategy or advice

## WHAT IS NEXT?

- 🕒 What is the next goal or project to take on
- 🕒 What is the next goal or distinction to understand
- 🕒 What do you want for yourself next