

Coaching Session # 1

“Hold your cards”

1. THIS month.....where do you want to BE?
 - Do you know what it will take?
 - How are you going to do that?

2. 3W's:
 - Do you know what to do?
 - Do you know when you are going to do it?
 - Are you willing to do it? (Scale of 1-10)

3. 3 Why rule
 - Why do you want (where they want to be)?
 - Why do you want that?
 - Why is that important to you?

4. What are the 3 most important steps for you to take or achieve this week?
 - When do you want to have those done?

Coaching Session #2

1. If you were to use one word to describe your MK week, _____?

2. How do you feel right now about this upcoming week?

3. Let's re-visit goals from/for last week.....and rank yourself 1-10

a.

b.

c.

(...let conversation unfold)

4. Let's talk about this week.....

5. Goal for month still the same?

6. "WHY" is it still the same?

7. 3 most important things to do this week.

Coaching Session #3

(Midway point of month)

1. Best thing about last week?
 - How did you do well?
 - What needs to improve?

2. How is this week set up?

3. What will serve you VERY WELL?

4. What needs to happen within 24 hours to give you a huge boost into this week?

5. What would make you happiest to celebrate?

6. What would frustrate you most (overcome it now)?

7. 3 Step Action Plan
 - ...the friend in me says...
 - ...the mentor in me says...

Coaching Session #4

Listening Skills

- i. Are you happy celebrating?
- ii. Are you frustrated?

1. Revisit her original why
2. Revisit her original commitment level (1-10)
3. With the time we are at in month, will you be likely to reach goal if activity is the same as what it has been?
 - a. If yes...what is most important to focus on?
 - b. If no... what needs to change?
4. What needs to increase in your business this week (how can you find that)?
5. What needs to decrease?
6. What are your top 2 power strengths that you will most use this week?

Coaching Session #5

WAIT!

1. How did you do in your strength zone?
2. Increase?
Decrease?
How did this go?
3. Identify 2 areas of needed change for next month...
What are they?
4. What sacrifices will it take to make those changes?
5. Life/ mediocrity
What areas of your life are you settling in?
6. If you were to double your current vision of your future, where would that put you?

Coaching Session #6

(CLOSURE)

WAIT!

1. Most helpful?
2. Would change...?
3. Is your vision stronger because of coaching?
4. What did you master (or begin to master) during our sessions?
5. Where are you going from here?