



INTRO TO COACHING SESSION

In this session we will focus on:

1. Discovering Your Strengths

- **What do you do well?**
- **What are your spiritual gifts? How have you been using them?**
- **What does it mean to you to love the Lord with all your strength?**

- How much does this really matter to you? Are you willing to pay the price?
- Options available to you
- Action steps to pursue

2. Gaining Clarity of Purpose

- What is your Mission, Vision, Purpose?
- What are your short and long-term goals?
- How can you narrow the scope of your current job?
- What one thing is most important to tackle today?
- What would be the easiest 3 things to accomplish today?

3. Focusing your Strengths around Your Purpose

- What is your greatest strength?
- What is the most draining for you in your current job?
- How much time do you spend on your strength? Weakness?
- How can you increase the time you spend in your strength?
- Who else can focus on your areas of weakness?

4. Desired Life Change

- **Where are you now, and where would you like to be?**
- What is motivating you to check out coaching?
- What is the number one change you would like to make in your life right now?
- List your satisfaction on a scale of 1 to 10 in the following seven areas of life:
 1. Spiritual
 2. Social
 3. Physical/Recreational Fitness
 4. Intellectual/Cultural Growth
 5. Family Togetherness
 6. Financial Security



7. Career Development & Progress

- Do you want to focus on the lowest area of satisfaction?
- If you could write yourself a blank check to achieve this goal, what would you like to see?

5. Action Plans

- How Coaching can help achieve to this...

6. How Coaching Helps

WHAT IS COACHING?

- Not C _____
- Not C _____
- IS self-e _____
- IS self-d _____
- IS self-discipline e _____

COACHING GOALS:

- To Create a personal coaching plan that is customized for you
- To Change your thinking & planning process
- To Alter your daily/weekly lifestyle habits

EXPECTATIONS

for a successful coaching relationship:

- To be open to coachable and teachable so that progress can be made.