



HPR COACHING SESSION

Here is the general sequence of dialogue for a one hour session which has been found to be most helpful in, not only analyzing reality, but taking effective action to achieve life goals. The goal, after all, is Life Change.

1st - CONNECT & CELEBRATE

- Re-establish the coaching relationship through dialogue and news.
- Review past accomplishments & forward progress.
- Choose special focus for this session.

2nd - CHECK THE MISSION

- Refocus thoughts & energies towards the LifeMission.
- Review LifeGoals for adjustments.

3rd - CHART GOALS

- Review current goals
- Define new goals

4th - CLARIFY REALITY

- Clarify exactly where we are in terms of status quo reality.
- SWOT Analysis - Strengths, Weaknesses, Opportunities, Traps

5th - CHOOSE ACTIONS

- Select a specific set of actions.
- SMART Action steps - Specific, Measurable, Achievable, Relevant, Time-specific.

6th - CONCLUDE & COMMIT

- Reflect on what was learned, what was helpful, next steps.