

As you prepare for your initial coaching session, there are three areas to carefully consider. The following tips and questions are designed to spark thinking and encourage a rich, productive engagement.



# Reflect on the coaching context

- ✓ Be open to discussing personal and professional topics.
- ✓ Reflect on previous feedback from key stakeholders such as your team, partners, family, friends.
- ✓ Identify or refine objectives to share with me as your coach.



## PROFESSIONAL CONTEXT

1. What do you see as the current business opportunities and challenges impacting your business?
2. What is most important for you to focus on in the next six months that will have the greatest impact?
3. Given your role, how can you add the most value to the business now?
4. How would you describe your relationships with key stakeholders? What's needed to attain the best possible partnerships? What's needed to exceed at meeting their expectations?
5. What do you think your team needs from you? Do you think they get from you what they need now?
6. How would you describe your leadership? What are your strengths and areas of opportunity?

## PERSONAL CONTEXT

1. Look forward 20 years... you are attending a function where someone is giving a speech about YOU! What would you want them to say?
2. If time and resources were not a concern, describe the things you long to do.
3. Think about one or two people you know who really inspire you. What about them is inspiring?
4. What are your pet peeves about yourself (e.g. when are you unable to laugh at yourself)? About others(e.g. what bothers or annoys you)?
5. What's one thing people may not know about you, that you would want them to know about you as a leader?
6. What one accomplishment stands out the most for you, one that you are most proud of or consider to be a defining moment? What about that experience motivated you?

# Establish a working relationship with your coach

- ✓ Understand your coach's style and approach.
- ✓ Think about what you want and need from the coaching experience and be prepared to share with me as your coach.
- ✓ Consider what to build into a working agreement related to attendance, punctuality, confidentiality, communication style, frankness, feedback as well as other areas to maximize your relationship.
- ✓ Learn best practices from others who have worked with a coach.

# Identify needed support

- ✓ Make space in your life for coaching, not just for formal meetings, but to process and practice between meetings.
- ✓ Set expectations with your assistant or others around scheduling coaching sessions and quiet, uninterrupted space for your sessions.
- ✓ Discuss with your team, partners, family, friends or others how they can support you.

1. What most excites you about working with a coach? What challenges, obstacles do you anticipate in working with a coach?
2. What tips would you give your coach on how to coach you most effectively?
3. What else would you like your coach to know about you? (Consider sharing any previous assessments you may have completed, such as StrengthsFinder, DISC, Birkman, MBTI, Enneagram, Zenger-Folkman Extraordinary Leader 360, EQi 2.0, etc.)
4. What working agreements are important for you to make with your coach?



1. What support will you need to realize your coaching goals?
2. Who might you enlist as an accountability partner(s)?
3. What might you need to make time or minimize distractions for coaching?