

Here's a process overview of a typical coaching session...

- Identify what the client wants to focus on
- Clarify how the client wants to work with the coach e.g. brainstorm, challenge....
- Expand on what the client wants to focus on and probe for behavioural/strategic issues not previously mentioned
- Review and reclarify the desired outcomes and focus of the session based on client's new insight
- Brainstorm, question, listen etc. encouraging the client to move forward as they clarify their issues, strategic options or actions
- Bring to a close with clear next steps identified by client

There is also an overall review process followed that is built into all proposals:

