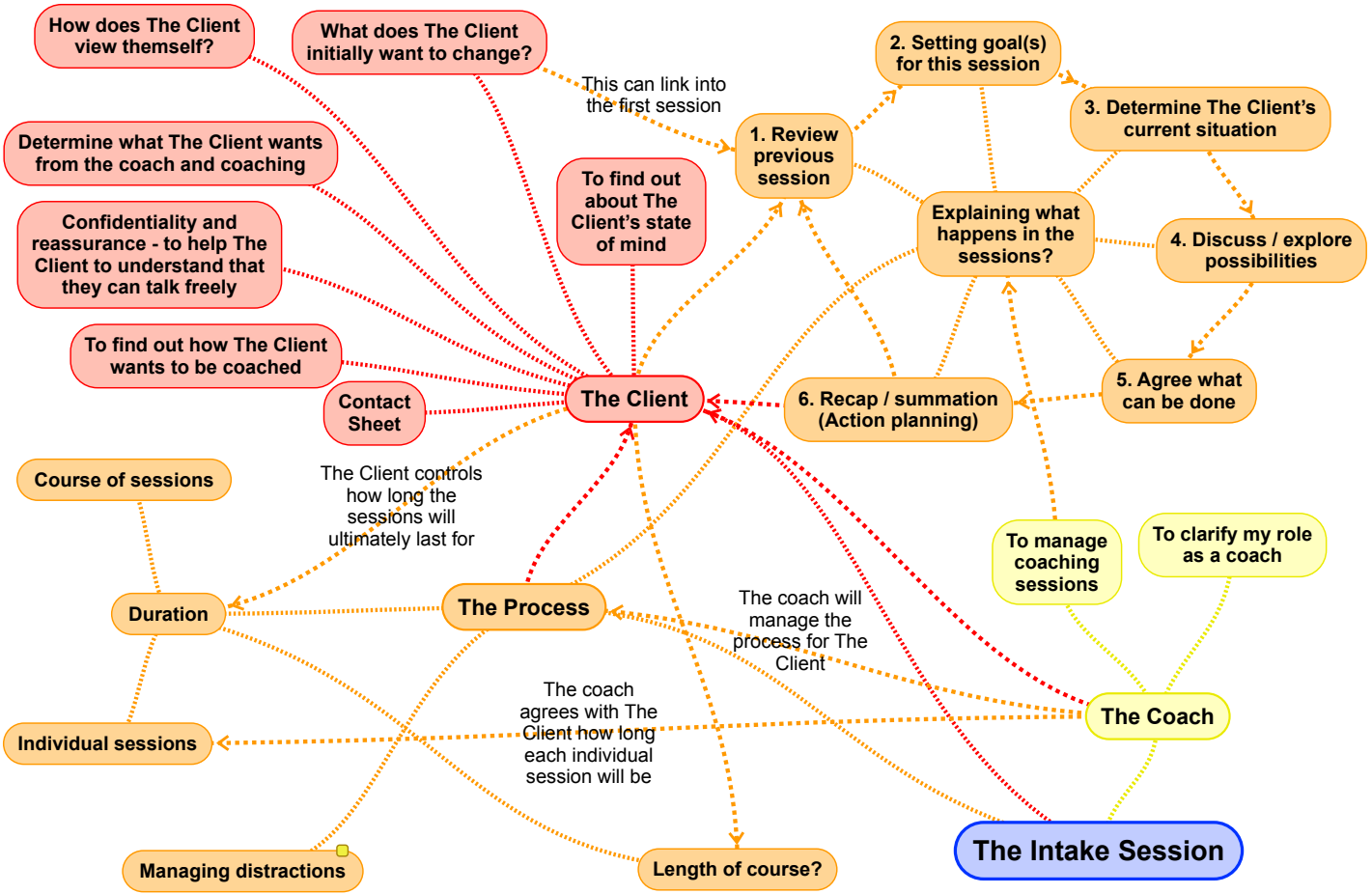
How does The Client view themself?
What does The Client initially want to change?
This can link into the first session
2. Setting goal(s) for this session
3. Determine The Client's current situation
Determine what The Client wants from the coach and coaching
1. Review previous session
To find out about The Client's state of mind
Explaining what happens in the sessions?
4. Discuss / explore possibilities
Confidentiality and reassurance - to help The Client to understand that they can talk freely
To find out how The Client wants to be coached
Contact Sheet
The Client
6. Recap / summation (Action planning)
5. Agree what can be done
Course of sessions
The Client controls how long the sessions will ultimately last for
To manage coaching sessions
To clarify my role as a coach
Duration
The Process
The coach will manage the process for The Client
The Coach
Individual sessions
The coach agrees with The Client how long each individual session will be
The Intake Session
Managing distractions
Length of course?