**Getting Ready**

**Preparing for a coaching conversation**

Your topic:

1. Something that you care about
2. Within your sphere of influence and
3. You are willing to explore possibilities for action
4. Slightly sweaty palms – will stretch you

Some Topic Examples:

* **Leading** a new project
* **Preparing** for a meeting/presentation
* **Career** move/transition
* **An important**/challenging conversation
* **A complex** issue
* **Setting** Goals/Priorities

TOPIC:

* What is your issue or topic?
* What is it that you want to accomplish?
* What would the end result look like if you were successful?

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UNDERSTANDING YOUR PERSPECTIVE:

* What is it about this topic/issue that matters to you? What is important to you about this issue or topic?
* What are the driving forces surrounding this issue/topic to make a change?
* What are the obstacles you are facing now or you anticipate might show up?

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REQUEST FOR COACHING:

* Where do you feel the most stuck?
* What do you hope to get out of/walk away with as a result of your coaching conversation?

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