ltem

1	The coordination and effectiveness of the meetings
	• What works well about the way we're working together? e.g. frequency of sessions, duration and location of meetings, etc.
	What works less well?
	What would work better?
2	Approach to individual sessions
	• How appropriate is the level of structure we're using? e.g. identification of themes and objectives, agreements, expectations, etc.
	• What might we do less of? e.g. reviewing previous sessions and actions
	• What could we add that would help? e.g. e-mailing notes, phone calls, clearer action focus etc.
3	Progress, results and outcomes
	• Considering what you hoped to get from our sessions, how successful / effective are you finding them?
	• What have been the main results of coaching support for you so far? e.g.
	– What has happened that has arisen from, or influenced by the coaching?
	– What has happened that wouldn't have happened without the coaching?
	– What else seems relevant?
	• What has the coaching not addressed, that you feel is still important or a block to your progress?

Complete the session by agreeing actions, the way forward etc.

Starr Coaching

