

## Building blocks 2.9

### Reflection Q's in advance of first session (coachee)

#### Improve your focus

Before your first coaching session, use the questions below to help you prepare; simply answer those which feel most relevant or helpful (writing by hand is best).

1. What areas or topics might you focus on, during coaching?

2. What performance related goals do you have that you'd like to make more progress with, e.g. to make something happen, or achieve something?

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3. What goals do you have relating to learning and self-development e.g. get better at something, express certain qualities more / less often etc.

4. Of the factors under your influence, what might prevent your coaching from being successful? e.g. everyday distractions, or a tendency to procrastinate.

5. What other thoughts are you having now, about getting started with your coach?