

DATE:

SESSION FLOW

INTRODUCTION: COACHING APPROACH & PROCESS OVERVIEW

AGENDA: WHY IS YOUR CLIENT HERE?

Find out what your client would like to talk about
- what's the area they want to work on?
How does this behaviour fit into their vision of an ideal self

Summarise what you hear or ask 'tell me more'

WHAT IS THE FOCUS OF THE SESSION?

Make sure you and your client are clear about what you are aiming to achieve in this session:

- What would you like to get out of today's consultation?
- How can I support you?
- We have 30 minutes today, how would you like to use this time
- It sounds like you want to Am I right?

IMPORTANCE : VISION, VALUES & IDENTITY

Get them talking about why change is important to them

- What makes this area personally important to the client?
- What's at stake?
- What's the impact on self and others of doing/not doing the behaviour?
- How does it fit with their healthy future self?
- Does it align with how they see themselves/identity?
- What does it give them that they want more of in their life?
- What motivates them?
- Rate importance

EXPLORE BARRIERS & FACILITATORS -BUILD CONFIDENCE :

What strategies and solutions have they thought of - what could work?

Understand the barriers

Why are they stuck?

What's stopping them?

What makes this area hard to change?

If they were going to change what would they need to do?

Past experiences

What have they tried before that's worked?

What have they learned about themselves from past experiences?

Rate confidence in changing behaviour to discover barriers

GOAL & ACTION PLAN:

When are they ready to start?

- What's the priority to get started with (if they have a few possible actions)
- Action plan
- what's the first step?
- anticipate obstacles, tracking, accountability