

COACH MODEL SESSION

NAME: _____

DATE: _____

CONNECT: Engagement - Build rapport and trust and review action steps.

- So how are you?
- How can I pray for you?
- **FOLLOW UP** - What progress did you make on your action steps? (think W.I.N.)



OUTCOME: What would you like to focus our conversation on today? What would you like to work on?

AWARENESS: Reflective Dialogue – What are the key issues to understand and address?

COURSE – What actions could you take to move forward? (think S.M.A.R.T. Goals)

- Which of these options will you pursue for this week?

HIGHLIGHTS – What was most meaningful to you from our conversation today?