

Session 2

Name: _____

Coach: _____

Date: _____

Time Started: _____

Time Finished: _____

Invoice Rendered: _____

Payment Received: _____

Receipt Given: _____

Session Contents:

- What's on your mind?
- How are you doing with your Goals?
- A Model of Change.
- Resource ideas.
- Milestones.
- Writing Action Steps.
- What have you learnt?

“Shoot for the moon. Even if you miss, you'll land among the stars.”

- Les Brown

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Check-In

- Have you read your Goals each day?
- Have action steps for each Goal been completed from the previous session?
- Have you written your letter from the future for each Goal?
- Have you written ten positives and ten negatives for each Goal?
- Have you filled in the client details sheet (and returned it to me)?
- Have you signed your coaching contract?

Additional

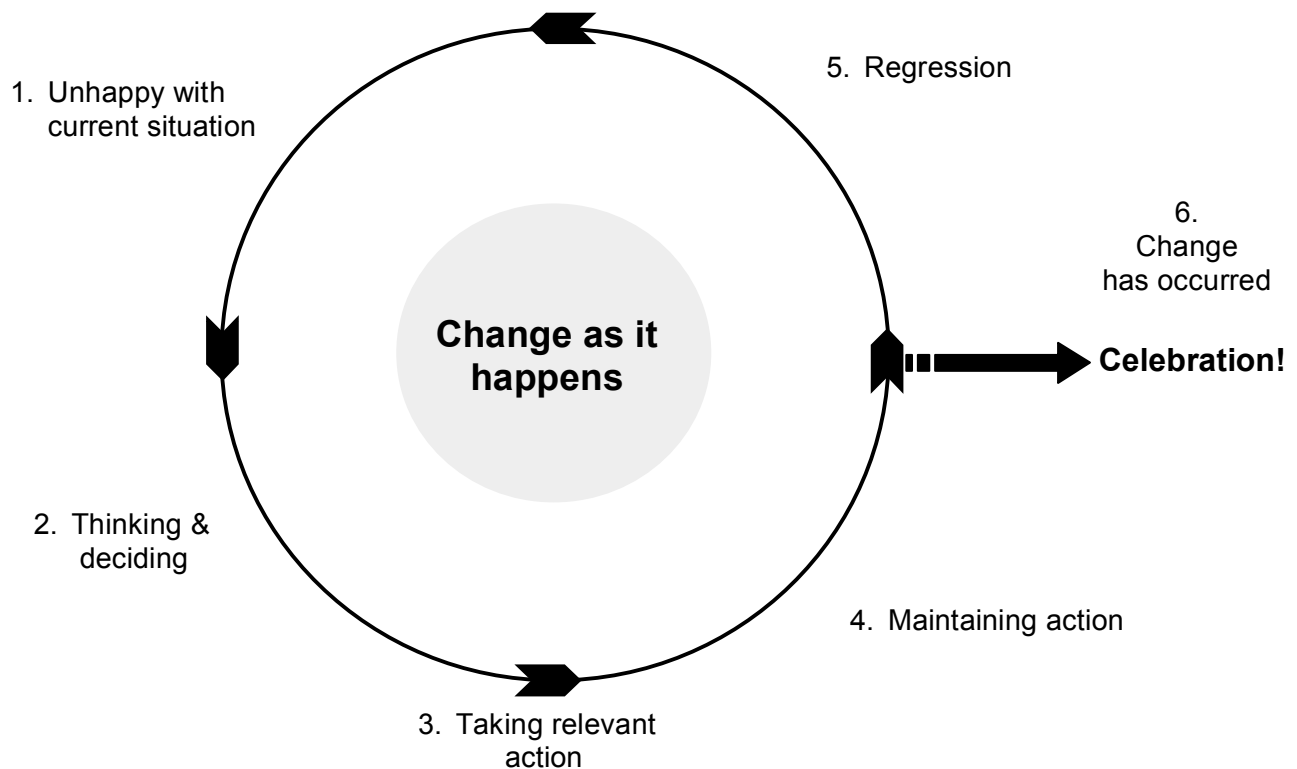
- Did you rewrite your goals and place them somewhere prominent? **Y / N**

Read your Goals out loud 😊 (in this session)

Would you like to change anything in any of your goals?

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A Model of Change



A model of change in the coaching experience

1. I know that something in my life is not as I would like it but I haven't done anything about it yet.
2. I have decided to make some changes and I know what I would like to change.
3. I am taking steps to change.
4. I have been actively taking steps to change, and I have been successful.
5. I have slipped back into my old habits and behaviours again.
6. OK! Change has occurred and now I don't know what all the fuss was about!

"Life is change. Growth is optional. Choose wisely."

- Karen Kaiser Clark

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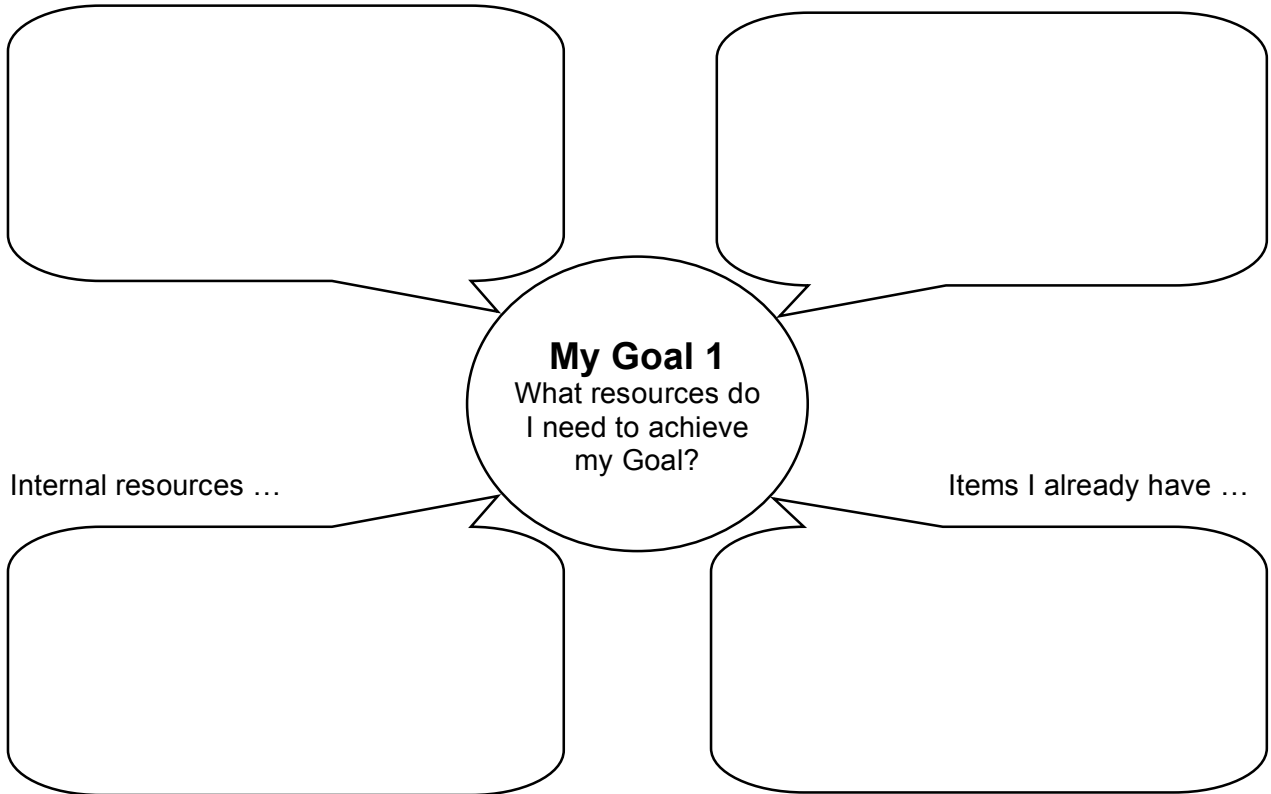
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Resource Ideas

To source ...

People that can assist ...



Milestones

Now

Future

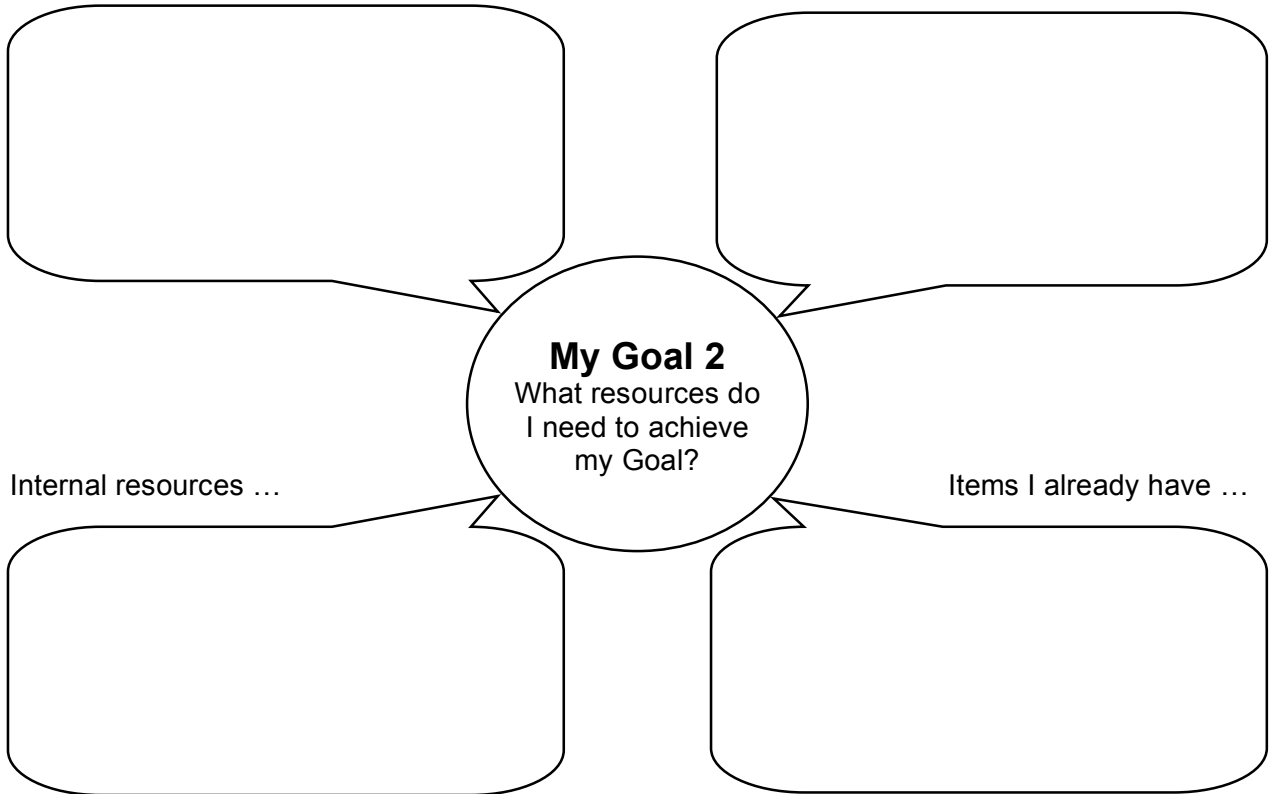
	Description of Milestone	Date	Reward
Milestone 1			
Milestone 2			
Milestone 3			
Milestone 4			
Milestone 5			
Milestone 6			

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Resource Ideas

To source ...

People that can assist ...



Milestones

Now

Future

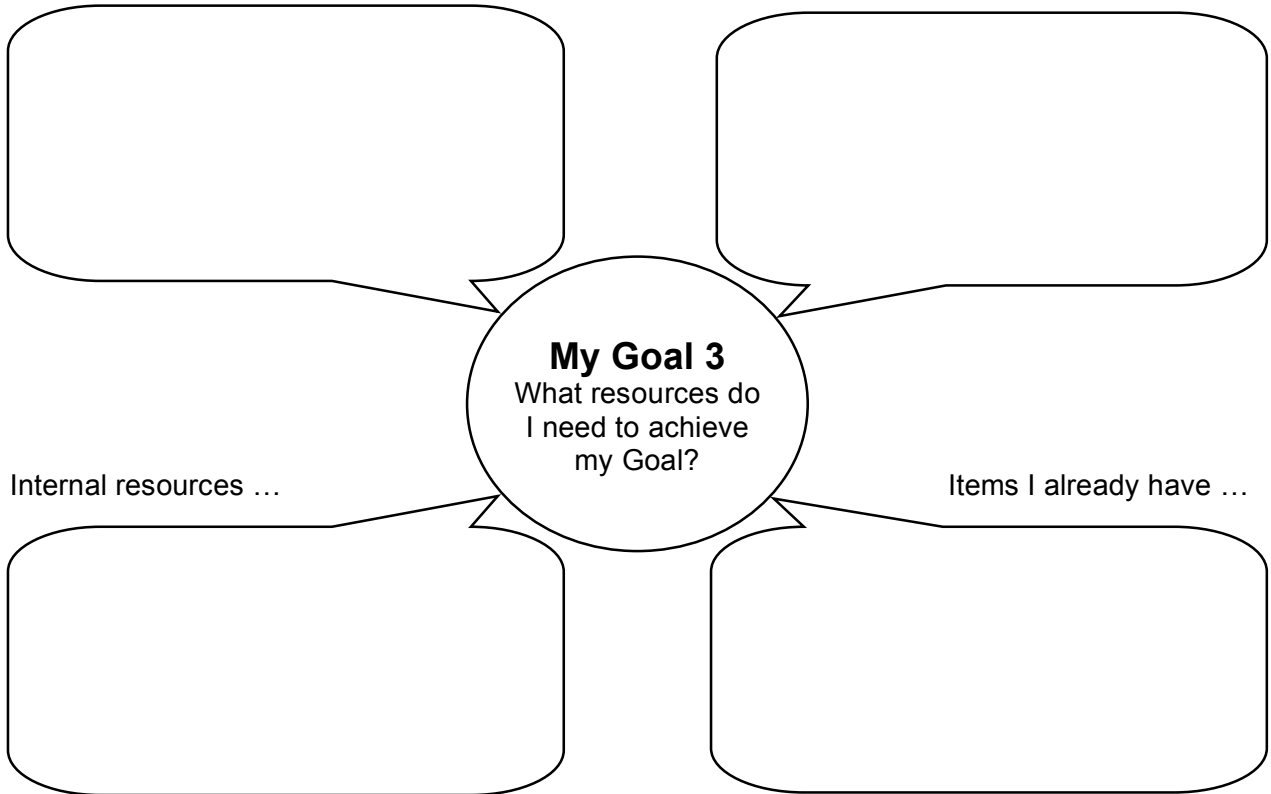
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Resource Ideas

To source ...

People that can assist ...



Milestones

Now

Future

	Description of Milestone	Date	Reward
Milestone 1			
Milestone 2			
Milestone 3			
Milestone 4			
Milestone 5			
Milestone 6			

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My Action Steps

What actions do I need to complete between now and my next session to get me closer to achieving my Goals?

Goal 1

Goal 2

Goal 3

What are some of the things that might prevent me from completing these actions?

How can I deal with these things in advance?

What have I learnt today?

If we learn from a situation then we can never fail



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Session Tracking Sheet for the Coach

	Date	Time	Payment	Notes
Session 1				
Session 2				
Session 3				
Session 4				
Session 5				
Session 6				
Session 7				
Session 8				
Session 9				
Session 10				
Session 11				
Session 12				
Session 13				

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Coach's page

What did your client learn? _____

What went well? _____

What could you do better next time? _____

What did you learn about your client? _____

How can you use that to help him/her? _____

What did you learn about you? _____

What does your client need to help him/her grow? _____

“Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. DO IT!! I say. Whatever it is that you want to do, do it now!! There are only so many tomorrows.”

- Michael Landon

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