

## *OBSTACLES in OBTAINING MY GOALS*

When we have desires and dreams, there are areas of thought and action that hold us back from achieving these goals, please list as specifically as possible what these are for you.

1.

2.

3.

4.

5.

## *SESSION PREPARATION BRAINSTORM*

1. What specifically would I like to gain from this session?
2. What have I accomplished recently towards my goal?
3. What have I not accomplished that I would like to be held accountable for?
4. What specific challenges am I facing now that impact my goal?

## *the ENERGY DRAINERS exercise*

We all have life moments that drain us from our goals and aspirations. As an exercise, and for further exploration related to your coaching, brainstorm specifically what these are. There is no expectation that you will change them; the awareness is what we're after.

### ENERGY DRAINERS @ work

- 1.
- 2.
- 3.
- 4.
- 5.

### ENERGY DRAINERS @ home

- 1.
- 2.
- 3.
- 4.
- 5.

*the GREAT THINGS I HAVE TO  
OFFER in a RELATIONSHIP exercise*

1.

2.

3.

4.

5.

6.

## *COACHING INTRODUCTION, SUGGESTIONS for PREPARATION*

1. Please describe specifically what goals, desires or wishes you have in considering a coaching relationship.
2. What obstacles have occurred for you (either currently or historically) that prevent you from reaching these goals? What personal behavior patterns contribute to these obstacles?
3. What specifically would you like to gain in this 30 minute session?

# *COACHING DEFINITIONS and DESCRIPTIONS*

"Life coaching is a powerful human relationship where trained coaches assist people to design their future rather than get over their past. Through a typically long-term relationship, coaches aid clients in creating visions and goals for ALL aspects of their lives and creating multiple strategies to support achieving those goals. Coaches recognize the brilliance of each client and their personal power to discover their own solutions when provided with support, accountability, and unconditional positive regard."

*Davis and Williams, 2002*

## COACHING IS FOR:

- 1) Individuals who are done with therapy.
- 2) Individuals who don't want to do therapy.
- 3) Individuals who want a partner or collaborator as opposed to a therapist.
- 4) Individuals who are currently in therapy who want additional help with specific goals not covered in their individual therapy.

## *COACHING DEBRIEF*

1. What was helpful, valuable?
2. What could I/we have done differently?
3. Anything that was not effective?