

Client Synopsis

Client Name:

Session #:

Session Begin Time:

Category:

Main topic:

Mood:

Illnesses:

*Attitude about today's
coaching:*

*The information provided by client discovery about Main Topic, context, and story:
Through dialog Coach and Client come to an agreement about the purpose of the
coaching process during this session.*

Commitment to topic:

*The Coach then helps through truth telling, listening questioning to discover what is
the commitment level of the client.*

Challenges:

*Through dialog the partnership create an exact understanding of what the obstacles
facing the client. Those might be belief to which they have much evidence to
substantiate. This is where through visualization, perspective, and utilizing evidence
resources to create a paradigm shift for client might be useful.*

UAC:

*Coach paraphrases what she has learned about the client, checking in for fact-based
information, giving feedback and correlating points presented by the client. Then asks
client if he/she thinks there is a direct correlation to all the events presented.*

Through dialog discovering what the core issue might be.

Belief:

Desired Change:

Skills:

Coach inquires about client skill to resolve the issue. Coach inquires if the client has resources and support system. Asks client to create a different perspective or opportunity to grow and learn new information that will serve client in their endeavors. Coach may offer resources outside of coaching environment.

Coach acknowledges where client is creating movement on the issue. Celebrates new awareness's, fortitude, new perspective, growth, etc. Coach enthuses and empowers client to continue to move forward creating benchmarks. These benchmarks sometimes referred as baby steps, allow client to acknowledge and be aware of their progress.

40-45 minute mark:

Coach asks the client for a synopsis for the session, what is her take away, and action items.

Client Feedback:

Coaching Feedback:

*What did the client
find most helpful?*

*Reiteration of
action items:*

Reiteration of commitment, topic, goals, benchmarks, and asks client to project what next session might address.

Session End Time: 60-minute mark.

Coach sends copy of synopsis, and is prepared to answer any questions or discuss issues that come up during the week.