

A Common Coaching Conversation

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| Sorry we had to rearrange this appointment. It's been full on. I've been working really long hours. I hardly have any quality time for anyone, even those who need it. | | | |
| How are things at home? | | Exercise? Eating? | |
| 1. | | | 2. |
| | | | |
| Huh? – not much time to talk. Not sleeping well. | | Joking? | |
| What's the quality of your work like? | | How long do you want to keep going like this? | |
| 3. | | | 4. |
| | | | |
| It's ages to do anything; even then it's half-baked | | I know what you're saying. But it's impossible | |
| Well, it's great you're taking time for this conversation now. It says you're looking to act differently. | | | |
| 5. What's the most important thing to you right now? | | 6. What d'you need to do to make this happen? In fact, let's plan it right now: when and how will you actually do this? | |
| [Your notes in this space] | | [Your notes in this space] | |
| 7. What are some other things you would need to do? | | 8. And how much time would you need to do that – where can you lock that in? | |
| [Your notes in this space] | | [Your notes in this space] | |
| 9. Who else needs to know about this – what would you say to them? Let's play that out now | | 10. Tell me how planning for, and doing, this is in line with what is important to you – how would it help you? What difference would it make? | |
| [Your notes in this space] | | [Your notes in this space] | |
| What have you learnt (from this conversation/) about what is important to you? | | | |
| [Your notes here. Then <u>TAKE YOUR OWN SPACE!</u>] | | | |

See-See-See: A Common Coaching Conversation (CCC)