

COACHING ROAD MAP

Phase 1:

Pre-Coaching questionnaire - Coach assesses specific needs

Zoom Meeting 1 - Review of questionnaire, coachee asks specific questions and a targeted and specific plan is agreed upon with roles of each clearly defined.

Zoom Meeting 2 - Results of implementation of previous plan discussed, add to or recreate a plan. Reaffirm agreement and roles.

MESSAGE MEETING - Coachee completes and self-reports on specific exercise agreed upon in previous meeting.

MESSAGE MEETING - Progress check. Coach may ask coachee to discuss via Zoom at Convenient time. Coach may ask coachee to address specific concern in group setting or specific additional zoom activity or masterclass (no extra cost).

COACH Questionnaire - Coachee reassess needs, expectations, roles and identifies growth.

Phase 2:

Zoom Meeting 3 - Review of questionnaire, coachee asks specific questions and a targeted and specific plan is agreed upon with roles of each clearly defined.

Zoom Meeting 4 - Results of implementation of previous plan discussed, add to or recreate a plan.

MESSAGE MEETING - Coachee completes and self-reports on specific exercise agreed upon in previous meeting.

Phase 3:

MESSAGE MEETING - Progress check. Coach may ask coachee to discuss via Zoom at Convenient time. Coach may ask coachee to address specific concern in group setting or specific additional zoom activity or masterclass (no extra cost).

Zoom Meeting 5 - Review of Results of implementation of complete plan. Identify any gaps. Compare to expectation. Target final areas.

Zoom Meeting 6 - Wrap up targeted areas. **Celebrate successes.**

Determine next steps and plan follow-up, if needed.