

## Session Prep Questions

To get the most out of each coaching session, take a quiet moment to consider how you want to use your time with me, Liina DeVries, in your next session. Approximately 24 hours prior to each session please email (liina@goldencrosscoaching.com), the answers to the following questions.

1) What is your agenda for your next session? What would you like to take away from that session?

2) What feelings, breakthroughs, insights, or changes in belief have you had since your last coaching session?

3) What are the biggest personal or professional concerns that you are facing right now?

4) What have you accomplished since your last coaching session?

5) What agreement(s) were you unable to fulfill since your last session?

6) What action(s) are you ready to take now?

7) Is there any feedback you would like to give me?