



Bring a Friend- The Process

Session 1:

Chemistry and Contracting - their coach will introduce themselves and ask your friend to do the same. They will explain the difference between coaching and other types of support and contract for how they will work together. This is not a formal meeting and there are no contracts to sign.

Exploring the Goal. Their coach is likely to ask them what they would like to work on across the 3 sessions, and what good progress towards that would look like within that first session.

They might introduce some coaching models or ask your friend to complete a simple activity between sessions.

Session 2:

Getting Deeper - Their coach will ask some challenging questions to help your friend get some insights into their topic.

Session 3:

Actions and Next Steps - Their coach will encourage them to commit to some options or actions that will enable your friend to move forward with their challenge.

Post Session:

We will provide a simple reference form which the Coach may send to your Friend. It would be great if your friend could provide the coach with some feedback about what they enjoyed about being coached and any 'Even Better If's' that the coach could use to develop themselves as a coach with clients in the future.