

KRISSY LEONARD

eat well. make money. change the world.

EXAMPLE SESSION OUTLINE FOR HIGH-IMPACT COACHING

Use this template to help you client get the most out of your session together.

1. **New & Goods** - continue the ritual of beginning your sessions by focusing on what's going well.
2. **Challenges/coaching around obstacles** - coach on challenges if necessary. You can ask "is there anything that has been coming up, on your mind, any questions you have, or anything else that would make this a powerful session for you?"
3. **Present New Information**
4. **Experiential Exercise Related To Content**
5. **Action Steps**
6. **Aha's, Appreciations, Insights About This Session**