



Coaching Assessment and Strategy

What are your strengths?

What benefit do those strengths provide?

How are you maximizing those?

In what areas do you need to improve?

What will be the benefit of improving on those things?

What are you (or what could you be) doing to improve in those areas?

What is your timeline for marked improvement?

How are you measuring your improvement?

How can I help you in those areas?

One on One's

What have you accomplished since our last One on One?

What are you currently working on?

Do you need my help with any problems/obstacles?

What do you expect to accomplish between now and our next meeting?

What is your greatest current opportunity?

Teaching the Essential Elements of Excellence for work and life!