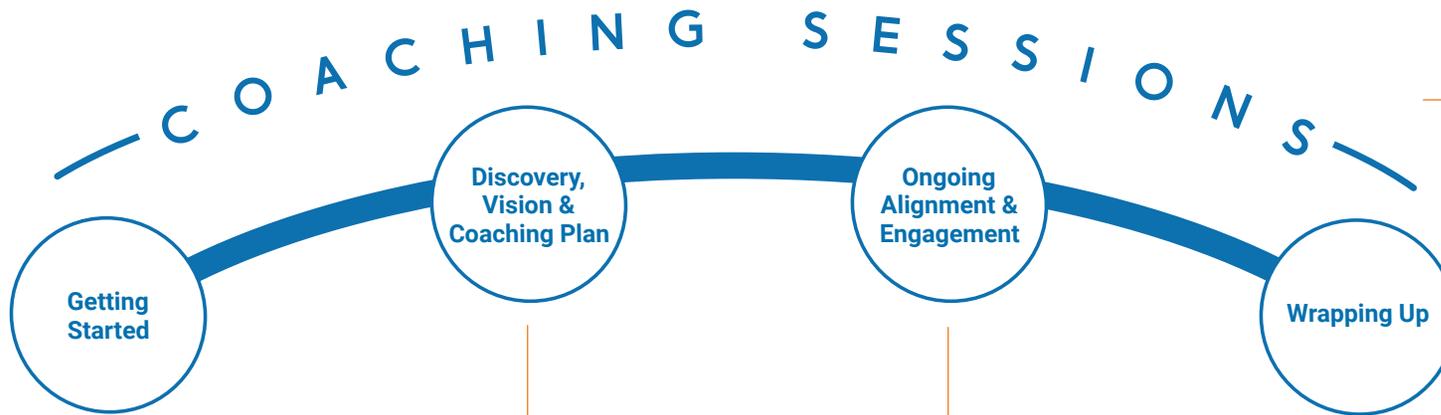


THE COACHING PROCESS



ACTIONS

- Regular coaching sessions with support between as needed
- Experiment with new approaches between sessions
- Share resources

OUTCOMES

- Increased awareness & intentionality
- Progress towards achieving coaching plan & vision

ACTIONS

All actions are client/coach unless otherwise noted

- Kickoff meeting
- Sponsor/coach call regarding context & roles
- Intake form & reflection exercises
- Intake meeting

OUTCOMES

- Alignment on coaching process & confidentiality
- Strong foundation for coaching relationship

- Conduct & debrief assessment(s)
- Vision & values exercises
- Draft coaching plan
- Sponsor alignment meeting*
- Finalize coaching plan

- Deeper self-awareness & insight
- Clear vision for the future
- Goals & coaching plan
- Sponsor alignment & support for coaching plan

- Client/coach mid-engagement alignment
- Sponsor mid-engagement meeting*
- Optimize the coaching approach

- Recognition of progress
- Sponsor alignment & continued support for coaching plan
- Client/coach able to adjust approach as needed
- Strengthening of client/coach relationship

- Progress assessment
- Reflection exercises to harvest learning
- Create ongoing development plan
- Sponsor closing meeting*

- Ongoing development plan
- Celebrate progress: new mindsets, habits & skills
- Sponsor support for ongoing development plan

*Meeting includes client, coach and sponsor

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Do Your Best Coaching: Navigating A Coaching Engagement From Start To Finish