

Coaching Welcome & Preferences

A coaching welcome and preferences packet: use these pages to discuss aims, ways of working and practical arrangements. Your coach should explain their separate agreement, scope, confidentiality and cancellation terms; this reflection is not a contract. You may skip questions that do not fit or discuss them with your coach.

1. What brings you to coaching right now?

2. What does success look like for you at the end of our work together?

3. What have you already tried, and what happened?

4. How do you learn and reflect best (writing, talking, visuals, movement)?

- ☐ Writing
- ☐ Talking it through
- ☐ Visual tools
- ☐ Movement or hands-on
- ☐ A mix

5. What are three things I should know about you to coach you well?

6. How would you like us to discuss missed commitments, changing circumstances or work that no longer fits?

7. What is your preferred way to be reminded of assignments and sessions?

8. How workable does between-session reflection feel with your current capacity?

1. Not ready → Fully ready

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9. What questions do you have about coaching scope, confidentiality, fees, cancellation or how to raise a concern? Discuss these before agreeing to work together.

10. Record the practical arrangements agreed with your coach: contact route, access needs, session schedule, reminder preference and the next step/date. Do not include passwords or sensitive account details.