Introductory Coaching Session Questions

These are essential questions to ask:

1. What are you expecting from Coaching?
2. What do you need most from today?
3. What do you need most from me during Coaching?
4. What is the biggest change you are willing to make today?
5. What are the first three things you are going to do immediately after our session today?
6. How much of the work are you going to be willing to do during our sessions?
7. What is the one thing I should not say/do with you today?
8. What is the most exciting part of working with a Coach?
9. What is the scariest part of working with a Coach?

10.Are you willing and able to do what I am going to ask you to do today?