



Supporting women working within and working out
www.coachcharlotte.com
415.596.6535

A sample coaching session gives you an opportunity to discover the magic inherent in the coach and client relationship. The focus is completely on you and what you desire to have right now. This introductory process allows you approximately 30 minutes to explore your specific agenda. You develop the goal and control the results. Together we get to the heart of the matter to overcome obstacles, diminish fears, and create solutions.

Make an appointment for a sample coaching session today.

Call Coach Charlotte at 415.596.6535

Email Coach Charlotte at coachcharlotte@coachcharlotte.net

We typically, but not exclusively, will interact over the phone. To get the most out of our sample coaching session, take a quiet moment to consider how you want to use your time with me during our session. Approximately 24 hour prior to our session please email the answers to these questions and any other information you'd like to share.

SESSION PREP QUESTIONS

HOW DO YOU WANT TO SPEND YOUR TIME?

- ✚ What is your agenda for today's session?
- ✚ What feelings, breakthroughs, insights or changes in belief have you had about today's agenda?
- ✚ What are the biggest personal or professional concerns you are facing now?
- ✚ What action are you ready to take now?