

“Coaching with Counsel” Focus Form

This “focus form”, while optional, often proves to be very helpful. Please consider these questions as you prepare for your session. Some questions may be more relevant for you at one time than another. You may wish to spend some extra time with the questions that particularly speak to you right now. You may type or write your answers if it is helpful, or simply “be” with them in whatever way best suits you. Although this form need not be sent to me (your Coach-Counselor) in advance of our sessions, please feel free to do so if it is helpful for you. It is often the case that the more prayerful time is spent with these kinds of questions, the more fruitful our Coaching with Counsel sessions—and “life”—can be for you.

For our First Session *(These questions may also be helpful beyond the first session)*

The big picture: What are you seeking right now in your life? What is your “vision”? What areas or dimensions of your life (spiritual, physical, mental, emotional, relational, familial, professional, educational, etc.) are touched and affected by this seeking, this vision?

Relevance: What are your hopes and goals for this Coaching with Counsel relationship, especially as regards the “big picture” question above?

Introspection: What might be keeping you up at night? If “nothing” is your answer, then bring it down one step into your waking world: What thought(s) may be recurrent or preoccupying?

For Upcoming/Continuing Sessions

Retrospection: What has happened that is significant for you since the last time we met together?

Current aim and focus: What would you like to focus on during our upcoming session that would be the best use of your time? Where would you like to “go” in this session?

Initiative & Change: What have you tried to begin or to do differently since our last session? What were the results?

Self-assessment & Vision: How are you doing with the vision that you have for yourself, and the goals that you have set pertaining to this vision? How did you do with the commitments, goals, or action areas from our previous session?

Process: How is this Coaching with Counsel accompaniment serving you with respect to the furthering and realization of your vision, goals, and hopes, both in short-term and long-term ways? Does anything need to change for you?

Interpersonal/social: If significant people in your life who know you well (family, friends, co-workers, etc.) were asked about *who* you are, and *how* you are “showing up” these days, what might they say? Has anything changed since our last session in this regard? For the better, worse, or otherwise?