INTRODUCTORY GROUP COACHING SESSION
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1. WHAT IS YOUR STRENGTH?

WHAT DO YOU DO WELL? **WHAT CAN YOU DO?** **WHAT DO YOU KNOW?**

2. WHAT IS YOUR WEAKNESS?

WHAT DO YOU NOT DO WELL? **WHAT CAN YOU NOT DO?** **WHAT DO YOU NOT KNOW?**

Easy	Hard

Easy	Hard

HOMEWORK

LIST 5 EXAMPLES OF WHAT IS EASY AND WHAT IS HARD FOR YOU?

Easy	Hard

WHAT DOES IT FEEL LIKE?

EASY EXAMPLE	EASY FEELING	HARD EXAMPLE	HARD FEELING

HOW AM I BEING?

WHAT ARE MY CHARACTERISTICS OR TRAITS WHEN I AM BEING BOTH?

Easy	How am I being when its easy?	**Hard**	How am I being when it's hard?

WHAT AM I BEING?

Easy	Hard

3. PUT IT IN A NUTSHELL

Summary	Easy	Hard
Put it in a nutshell		
What does it feel like?		
Who are you being?		
What part of your body are you coming from?		

4. FROM ...TO..?

FROM	TO

FROM	TO
What’s my greatest challenge?	