

REALITY OF THE MOMENT



THE COACHING MASTERS

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What do you care about most in your life today?

What more valuable would you like to have?

What would you least like to have in your life? And in your work?

Think at extreme times. When was your life wonderful? When did you feel at the top?

What was important to you at this time?

What makes you angry, fed up, or frustrated that you would like to say a resounding “NO” to?

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What triggers this problem?

What is stopping you from getting rid of this problem?

Imagine yourself a few months from now looking at this situation successfully resolved. What advice would you have for yourself right now?

After you do that, what happens next?

What will you do now with that awareness?

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TASKS

What?

What do you think you need to do from today until our next session, which can get you closer to your goal?

When?

Set a deadline for each established action

Commitment

what is your degree of commitment from 0 to 10 to accomplish what you proposed?

Very important

Suggest to your client or team member that they give you feedback as tasks are performed.

It can be via sms, email or otherwise agreed. In other words, say, "**What can you do to keep me informed of your task accomplishments during the week?**" Also take the opportunity to congratulate him and send messages of motivation.

Disconnection

1. Why was this coaching session important to you?
2. What big challenge do you come out of this coaching session with?