

Conversational Framework for Coaches

ALICIA
Sepulveda

1

Connect

- Build relationship
- Explain coaching

2

Accountability

- Follow up from last meeting
- Reflect - what worked/
didn't work?

3

Exploration

- Ask questions about life,
class, goals, money, health,
balance, etc.

4

Topic or Agenda

- They choose the topic
- What goals do they have related to
their topic/agenda?
- Hold back advice

5

Growth and Insight

- Explore motivations
- Explore what is getting in the way
- Who do they need to be?

6

Action and Next Steps

- What could they do?
- What are they willing to
commit to?