

# InEssence Coaching<sup>SM</sup> LLC

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## Preparation for Weekly Coaching Session

**Preparing for the coaching session will allow you to optimize your results and our time together. Prior to the session, you may wish to answer the following questions:**

1. How am I today, right now? How has my week been since we last spoke?
2. What, if anything, do I want to report? What, if anything, do I want to be held accountable for?
3. What action did I take (or not take) since our last session? What were my successes/challenges?
4. What do I want to get out of the call today? How do I want to use the 30 minutes?
5. What else do I want to share with my coach?