



THE EMPOWERMENT COACH

Erica Cue

WHAT TAKES PLACE IN A TYPICAL COACHING SESSION

Each coaching session is tailored to the client's specific needs. Although each session is structured it is also fluid based on the client's flow of conversation.

Check-In: We always spend some time checking in at the beginning of the coaching session. If there was homework or action items that a client planned to complete, we would spend some time discussing how those went and what insights they found.

Agenda Setting: Coaching agendas are co-created between coach and client. This doesn't mean that a client needs to come to the session prepared with meeting minutes. We spend time at the beginning of each coaching session setting the agenda together. Clients typically come to the coaching session with a general topic they would like to discuss. As a coach, I ask questions that help the client hone in on that topic more deeply and set goals for the session.

Powerful Questions: Powerful questions are at the heart of coaching. During a typical coaching session, it will be these powerful questions that will create opportunities for deep insights and understanding, furthering a client's understanding of themselves and their goals.

Coaching Tools: Sometimes coaching tools might be integrated into coaching sessions. Coaching tools are useful in that they help provide structure for specific kinds of introspection, but they're typically only introduced into a session if they are a clear match with the client's goal. Tools can also sometimes be part of the homework items a client chooses to complete between sessions.

Homework: Towards the end of the coaching session, there are usually natural action items or next steps that a client may want to complete. At the end of the session, we will discuss what homework a client will choose to complete before the next session. As a coach, I never "assign" homework to a client, but I may offer suggestions and resources that may be a good fit to follow up with before our next session.

Accountability: One of the benefits of working with a coach is that they can serve as an accountability partner. As a coach, I always ask my clients what kind of accountability I can provide in helping them to complete their goals between sessions. As a coach, I provide whatever kind of accountability that will be most useful to my clients.

CONTACT

Erica Cue
ericacue@cuescoaching.com
714.920.4445
www.cuescoaching.com

**HELPING YOU CREATE THE
Life you desire, and live the
life you deserve.**

**IT IS TIME TO TAKE CONTROL
Of your future!**