FIRST COACHING SESSION CHECKLIST

The first session is critical for long lasting trust and rapport. Allow 60 or more minutes.

Before the session	
	Remember key skills of mindfulness, listening, inquiry and reflection
	Pray for the Lord's guidance
Session opening	
	Welcome and thank you
	Determine if the coaching information came and if there are any questions. (optional)
	Review agenda and coach credentials and passion
	Ask what questions came up after (if) they went over the health evaluation.
	Ask what they learned about themselves, gather needed information
	Go over the medical history, discuss physician release to exercise if needed. (optional)
	Ask their permission to pray for guidance in planning
Create a wellness vision	
	Explain the value of creating a wellness vision
	Ask what is most important right now, what are the hopes and dreams for wellness
	Review success stories, identify strengths and what is working now or brings pride
	Discover motivators: benefits of making changes now, the driving force behind the desire to change now.
	Support them visualizing their vision and describing it in detail
	Discover previous positive experiences with elements of the vision & their strengths
	Explore the people, resources, systems, environment needed to ensure success
	Ask them to state and commit to the vision
Design three month goals	
	Explain value of three month goals
	Ask them to choose three actions that are most important to pursue
	Confirm their connection to the wellness vision
	Assist them in translating the actions into general goals
Design first week's goals	
	Ask them to choose one or two actions in their goals to work on
	Assist them to design a SMART behavioral goal that is easy, to develop confidence
	Explore structures needed to ensure success
	Use confidence ruler (0-10) to improve their confidence in reaching the goal
	Ask them to restate the goal and affirm their ability to achieve the goal
Session close	
	Express appreciation for their work, & email or slow mail their vision and goals
	Schedule the next session, clarify length of sessions following