

## 1st Session content

### Description

At the beginning of every coaching relationship it is crucial to lay a solid foundation of what is expected from the coach and what is expected from the client. This way both parties start off from a position of knowing, rather than one of uncertainty. It is a four part model involving the client, logistics, discovery and the future.

After reading this you will have:

- An easy to understand four part model of the main areas of involvement
- A picture of what is expected from the client and the coach
- A complete idea of what subjects will be covered in the 1st coaching session
- A foundation on which to base the coaching experience

### Learning - Trust - Relationship - Credibility - Confidence

<p style="text-align: center;"><b>Client position</b></p> <p style="text-align: center;">Grant power            Clarification            Homework            Questions            Gremlins            Learnings            Communication            Reading</p>	<p style="text-align: center;"><b>Coach responsibility</b></p> <p style="text-align: center;">Discover            Question            Listen            Empower            Affirm            Give knowledge            Provide structure            Signpost</p>
<p style="text-align: center;"><b>Future journey</b></p> <p style="text-align: center;">Engage existing values            Hidden gifts            Compelling vision            Goals            Create new habits            Internal &amp; external communication            Become the Coach            Make a Difference            Become the Master Apprentice</p>	<p style="text-align: center;"><b>Logistics</b></p> <p style="text-align: center;">Fees and payment            Process            Agreements            Quotation            Time scales            Location            Session lengths            Scheduled appointments            Cancellation</p>