



The Structure of a Coaching Conversation

Pause: Take a moment to come into presence and intention.

Ground: Tap into what's most important. What would you like coaching on today?

Align: What's getting in the way? What are the possibilities to move the forward?

Act: Clarity needs to act. What's standing out for you? What might some next steps be for you?

Acknowledge: I want to acknowledge the work you did today.