

FIRST MEETING

Focus + Solutions + Action

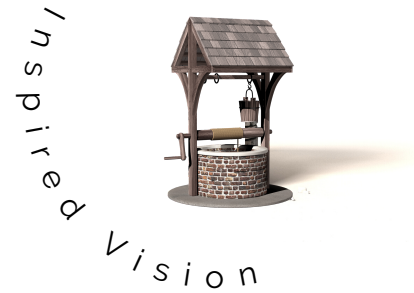
ICF ACCREDITED MASTER COACHING PROCESS

START

 InnerLifeSkills



COACHEE
COACH
DATE
THEME



WHAT IS COACHING?

Talent Reward Success Goals

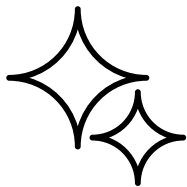
Coaching is a reward for talent. Every professional athlete has a coach; coaching helps you succeed. Picture a water well; your coach will help you build your inner well, breakthrough inner obstacles and free your inner wealth.



3 TOP GOALS

Purpose Outcome

Towards the... (theme), what are your top 3 goals?



INSPIRED MOTIVATION

Why Reason Cause Vision Energy Purpose

Which of your 3 goals is most important and why?

Who else will benefit from you achieving these?

What other areas of your life will benefit from you achieving these?



DEEPENED COMMITMENT

A c c o u n t a b i l i t y F o c u s



How can you challenge yourself to use your inner resources
(your solutions, ideas, strengths, talent and skills) to reach your 3 goals?

What would make this coaching journey valuable and worth your time?

As coach and coachee, how can we commit to this coaching journey and
make sure that we get the most success from the process?

As COACHEE I can...

My COACH can...

3 GOAL STATEMENTS

I n s p i r a t i o n M o t i v a t i o n

Write short goal statements in the present tense (as if it's already real),
punchy like a slogan that feels inspiring to you.

My 1st Goal worded in a way that inspires me....

My 2nd Goal worded in a way that inspires me....

My 3rd Goal worded in a way that inspires me....

The value I'm taking from this coached meeting

Next Meeting:

ASK YOUR
INNERLIFESKILLS
CERTIFIED
COACH ABOUT
OTHER
POWERFUL
PROCESSES
THEY CAN GUIDE
YOU THROUGH.



InnerLifeSkills® has been internationally accredited by the ICF International Coaching Federation since 2012.

This Powerful Question Frame (PQF) process is one of over 50 helping to empower and enlighten thousands of lives globally.

Your InnerLifeSkills Certified Coach has been trained and assessed at the highest global professional standards.



@innerlifeskills



info@innerlifeskills.com



www.innerlifeskills.com