



**Think of a team member that you would like to coach.**

**1. WHAT IS THE REASON THAT MAKES YOU WANT TO COACH HER/HIM**

(performance issues, tasks or priorities, develop skills, enable transitions in change, communication topics with that member in the team, ...):

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**2. REFLECT YOUR CURRENT INNER CONDITION ABOUT THE COACHEE/TOPIC: MY...**

<p><b>intention/goal</b></p> <ul style="list-style-type: none"> <li>- What do I want the person to do/change after the coaching?</li> <li>- By when?</li> </ul>	<p><b>emotionality</b></p> <ul style="list-style-type: none"> <li>- My patience on a scale from 0 to 100% is:</li> <li>0 % ————— + ————— 100%</li> <li>- how happy, concerned, curious, upset, sorry, inspired am I?</li> <li>-</li> <li>-</li> <li>- How feelable is my emotionality when talking with him/her?</li> <li>-</li> <li>-</li> <li>-</li> </ul>
<p><b>conversation mode</b></p> <p>When I talk with her I (i.e. chat, telling what to do, inquire, share info / letting know, listen, ask for feedback/recommendations, silence):</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> </ul>	<p><b>What I say</b></p> <p>When I approach her/him for the coaching my first sentences will be:</p> <ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>-</li> </ul>

**3. WHAT WILL BE THE COACHEE'S LIKELY REACTION TO YOU?**

Spoken language:

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Body language

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