



FIRST MEETING Part 1

Client Name:

Coach Name:

Date:

RAPPORT

Create friendly TRUST building rapport. Stay in COACH POSITION, EQUAL TO (not + or -). Use relevant, succinct, open, SPIRAL UP QUESTIONS. Adapt the questions as needed.
Use the ILS Coaching Well metaphor below to explain what coaching is.

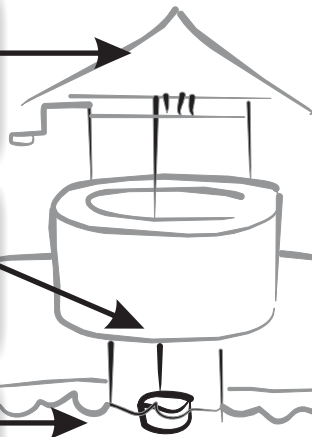
EXPLAIN COACHING

Top athletes get coaches. Let your ILS Coach help you to succeed.

WELL =
InnerLifeSkills
Coaching
methods

BUCKET =
Empowering
coaching
questions

WATER =
Our best solutions
talents, strengths
& full potential.



Beneath the surface is valuable water. If we don't build a well, we can't easily access the water.

InnerLifeSkills is an internationally accredited coaching system, that empowers us to overcome our inner obstacles, build 'inner wells' to find our inner wealth.

Our inner wealth is our: solutions, intuition, wisdom, talents, inspiration, strengths and our full potential.

If we don't find our own inner wealth - we miss out on our full potential and will never know how much more value we truly have to offer. We also then depend on other people's wells instead of our own.

Every coached meeting you attend will help you to find your inner wealth. And it will also challenge you to use those resources to build lasting success for you, your dreams and aspirations.

What are your top 3 goals? (Your most important life goals). (Use ILS Theme Wheel if client is not sure). Make sure the goals are **clear, positive** (what is wanted, not what isn't) and within the client's control.

1

2

3

DEEPENED VALUE

Which of the 3 goals is the **most important**?

Why are these (Goals) important to you?

Who else will benefit from you achieving these (Goals)?

What other **areas** of your life/work will benefit from (Goals)?



FIRST MEETING Part 2

Client Name: _____

Coach Name: _____

Date: _____

DEEPEN COMMITMENT

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

What would make this coaching journey a truly valuable journey?

How can we as coach and client, commit to this coaching journey and make sure that we get the most success from the process?

As COACH I can... _____

As CLIENT I can... _____

3 Goal Statements

GOAL STATEMENT

Look at your 3 goals, and spend a few minutes rewriting them into, inspiring statements of success.

The statements should be...
PRESENT TENSE, SHORT, PUNCHY,
LIKE A SLOGAN, HAVE A WOW FACTOR,
BE INSPIRING TO THE CLIENT.

Then help the client to
brainstorm ways for them to use,
and be reminded of their inspiring
goal statements.
Example: phone reminders, Post-its etc.

How could you state your 1st goal in a way that inspires you even more?

How could you state your 2nd goal in a way that inspires you even more?

How could you state your 3rd goal in a way that inspires you even more?

How can you remind yourself of your inspiring goal statements daily/weekly?

What value are you taking away from this first coaching session?



ACKNOWLEDGE:- Acknowledge the client in a sincere and positive way.
Something you noticed, a motivating statement or positive feedback.

NEXT MEETING: (Which goal would you like coaching on first?)
DATE and TIME: