



Ridgeview Coaching

thrive through life's transitions

Welcome to Coaching Resource Guide

Welcome to Ridgeview Coaching! We look forward to meeting you.

We understand how “firsts” can be anxiety-producing and hope this information helps lower your anxiety level. Some questions may challenge comfort zones—that is part of the coaching process. Remember, at Ridgeview Coaching our clients are in control of every session and are free to pass on answering any question. If you know what you'd like to address, feel free to email Tom at tom@ridgeviewcoaching.org before your session.

See you soon!

TRUST-BUILDING QUESTIONS (First 10-15 minutes)

- How are you feeling today? Tell me about yourself.
- What should I know about you that will allow me to be the best coach for you?
- What brings you joy?
- How do you deal with challenges?
- How do you like to learn?
- Are there any topics off limits for coaching?
- What recharges you?
- What would you like to know about me? About coaching?
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SAMPLE COACHING SESSION QUESTIONS (Twenty Minutes)

- What would you like to talk about today?
- What would you like to take away from our time together?
- What, if you achieved it, would make you celebrate?
- What's at stake for you?
- What achievement would put a smile on your face?
- What are barriers to your success? What resources do you need?
- What have you learned about yourself from our session?
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PROCESSING AND NEXT STEPS (Remaining 10 minutes)

- On a scale of 1 to 10 with 10 being 'Great' how would you rate our coaching session?
- For anything less than an 8, what would have made it a 10?
- What question should I have asked you?
- What questions do you have of me?
- How will coaching help you achieve your goals and thrive through your transition?
- How do you feel about scheduling our next session and developing a coaching agreement?
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Should you desire to move forward with Ridgeview Coaching, a draft agreement will be forwarded to you for review and approval prior to the first official coaching session. Here is a [sample agreement](#).

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