

The Coaching Prep Playbook

Let's get real.

Let's get clear.

Let's make this count.

*This isn't a workbook.
It's a mirror.
Use it to slow down,
show up, and say
the hard thing you've
been avoiding.*



”

**Everyone thinks
of changing the
world, but no
one thinks of
changing
themselves.**

~Leo Tolstoy

How Are Things Going Overall?

Coaching is about change — but not just fixing what's broken.

It's about seeing clearly. Owning your progress. And getting honest about what's no longer working.

Take a breath. Now take stock.

What's going well right now?

What are you proud of — even if no one else sees it?

Where do you feel some momentum or growth?

Even small sparks matter. Name them.

What feels stuck, hard, or heavy?

What's draining your energy or holding you back?

What's Taking Up Your Energy Right Now?

Before you decide what to change, get honest about what's eating your bandwidth.

Leadership isn't just about what you're doing — it's also about what's draining you.

What's keeping you up at night?

What are you worried about, spinning on, or avoiding?

What's no longer worth the energy you're giving it?

What would you stop doing if you felt like you had permission?

Pro Tip: You can't lead clearly **if your mind is stuck in the fog.**

Where Do You Actually Want to Go?

Clarity unlocks momentum.

Let's get real about what actually matters — to you, not just your org.

What outcomes do you want from coaching?

What would make this session a win?

What do you really want — but haven't said out loud yet?

Career? Team dynamic? Bigger role? Less chaos?

Pro Tip: If you don't name what you want, you'll keep getting what you tolerate.

What's Getting in the Way?

Every leader has a handful of habits, patterns, or beliefs that sneak under the radar.

Let's name yours so we can break the cycle.

What have you been tolerating that's quietly costing you?

Think: misalignment, messy comms, over-committing...

What internal roadblock keeps coming up for you?

Perfectionism? People-pleasing? Imposter syndrome? Control?

Pro Tip: What you don't name **will keep running the show.**

What Would Make Things Feel Easier (and More Effective)?

Let's ditch the grind mindset.

Better leadership isn't about working harder — it's about working clearer, cleaner, and with more intention.

What would you stop doing if you really trusted your team?

What would you delegate, delete, or delay?

What systems, conversations, or boundaries would change everything for you?

What do you know would help — but haven't made space for?

What Do You Want to Leave With?

This is your moment to align. To get what you need — not what you think you should want.

If you could walk away with one breakthrough, what would it be?

What's the question you hope your coach will ask you?

Pro Tip: The quality of your coaching starts with the **clarity of your intention.**

You're Already Leading Differently

You paused.

You reflected.

You gave yourself space to think — and that changes everything.

Come into your session with this playbook in hand, and we'll go farther, faster, and more honestly than most leaders ever allow themselves to.

Next step: **Bring this with you.**

Let's get to work.