

EVOLVE Coaching Path

Session Outline

For a deep dive into this coaching session outline, read the EVOLVE Coaching Path Guidebook. This session outline is meant to serve as a structure for a coaching session, with sample questions for each stage of the EVOLVE Coaching Path and space to write notes if you want to use a fresh outline for each client session.

EMBARK

(PRE-SESSION PRACTICE FOR COACH)

Sample questions to ask yourself: Am I fully present? What possible judgements am I holding? Is my own agenda at play anywhere here? Am I predicting how this session will go?

VOICE

(~5-10 MINS)

Sample questions you may ask your client: What is the bigger vision? How will you know when you have achieved your goal? What is the objective for this session?

OPEN

(~35-40 MINS)

Sample questions you may ask your client:

What does it look like and feel like, and who are you being, to be living your vision? What energetic and emotional states support your vision and goal? Where are you getting in your own way? What's the benefit of transforming this? What's the benefit of not transforming this? What opportunities are you not seeing here?

*This is the stage in the coaching session where you may facilitate some of the modalities and tools we teach at Coaching Evolved like Breathwork, Emotional Freedom Technique, Gestalt, Neurolinguistic Programming, Cognitive Behavioral Technique, Johari, and more.

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LUMINATE (~10 MINS)

Sample questions to ask your client:

What have you learned about yourself today?

What can you do now that you could not do before? What 3 commitments can you make today? What else is possible? What alternatives are available? What might your higher self suggest you do?

VERIFY (~5 MINS)

Sample questions you may ask your client:

Was the session objective met? What has to happen now? Are you clear on your next steps?

EMBODY

(POST-SESSION PRACTICE FOR COACH)

Here are some questions you can ask yourself as a coach after the session:

What did I do well in this session? What could I have done differently or better? Was I triggered at any point in the session? Did I try to 'solution' for the client in this session? Was I present for the entire session? What do I need to do for myself to move on with my day?