

Coaching Preparation Worksheet

The coaching session is 90 minutes long and is led by a Tandem Solutions expert coach. Your coach will facilitate the session so each of you will share your challenge and receive coaching from others.

Identify the challenge you are most interested in addressing as it relates to one of the concepts from this lesson.

Challenge

- What is the challenge you would like to discuss in the coaching session?
- What actions have you considered or already taken to address this challenge?
- What is the question you would like the group to answer to help you with your challenge?