



## THE DISCOVERY SESSION

The Discovery Session is a pre-coaching meeting that provides the background necessary to launch the coaching relationship. **Coaching does not take place during this meeting.**

The purpose of the discovery session is to begin the process of creating relationship with you - the client. An essential aspect of creating relationship is the design of the alliance between coach and client (i.e, how we will work best together).

Creating relationship also involves discovering the necessary background and other personal information that will be useful in the coaching. For example: What are the main areas of focus you want to bring to coaching? What goals have you set? What are the values you want to honor in your personal and/or professional life? What motivates you to action? How have you created change in the past? What works?

The discovery session will also give you an orientation to this unique relationship called coaching and an introduction to some of the specific coaching tools and language you will encounter. For example, I will introduce you to the Saboteur or Inner Critic, to alert you to this character and its often sabotaging presence.

Finally, the discovery session also covers the necessary logistics such as fees, cancellation policy, scheduling, forms, agreements, etc.