

7 Steps of Coaching Conversations



STEP 1: OPEN

Open the coaching conversation with connection.

- How can I best support you today?
- Last time we talked about [fill in the blank]. How is that going?
- I'll help by probing with questions, but I want you to feel comfortable to take the lead.



STEP 2: FOCUS

Focus the coaching conversation with an end in mind.

- Is there anything you want to make sure we talk about today?
- What do you hope to accomplish?



STEP 3: EXPLORE

Explore to find out where in the process the work is. Listen attentively and gather more information.

- What's working?
- How do you know?
- What isn't working?
- How do you know?



STEP 4: GENERATE

Generate ideas and solutions to roadblocks.

- Let's consider some options. The more, the better.
- Which one of us will jot down ideas?
- I'm hearing...[repeat what was said in your own words to demonstrate understanding]



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STEP 5: DECIDE

Decide what's feasible and prioritize. Give reasoning.

- Of all our options, which 2-3 seem most viable to you?
- What makes sense out of all these? Why?
- What is our realistic priority?



STEP 6: PLAN

Plan next steps to take. Identify resources, supports, and learning needed to succeed.

- What's the next best step we can take?
- What support do you need to be ready to act?
- When should we check-in again?



STEP 7: CLOSE

Close by thanking them for their time. Reflect on the value of teamwork. Instill confidence.

- Thanks for your attention on this today! How confident are you feeling about this?
- What is your level of commitment to this?
- I'll be here for additional support if you need it.