



CORE *lander*
COACHING

Client Workbook



Embark

Initial Consultation

Initial Assessment

readiness
challenges
goals

Working Agreement

expectations
confidentiality

Logistics

agreement
scheduling
payment

Engage

Coaching Sessions

Focus

current challenges
optimal outcomes

Discovery

reflection
barriers
strategize

Movement

perspective shifts
behavioral change

Execute

Between Sessions

Accountability

forward action

Catalyst Calls

overcome obstacles

Endeavor

Wrap-up Session

ROI Evaluation

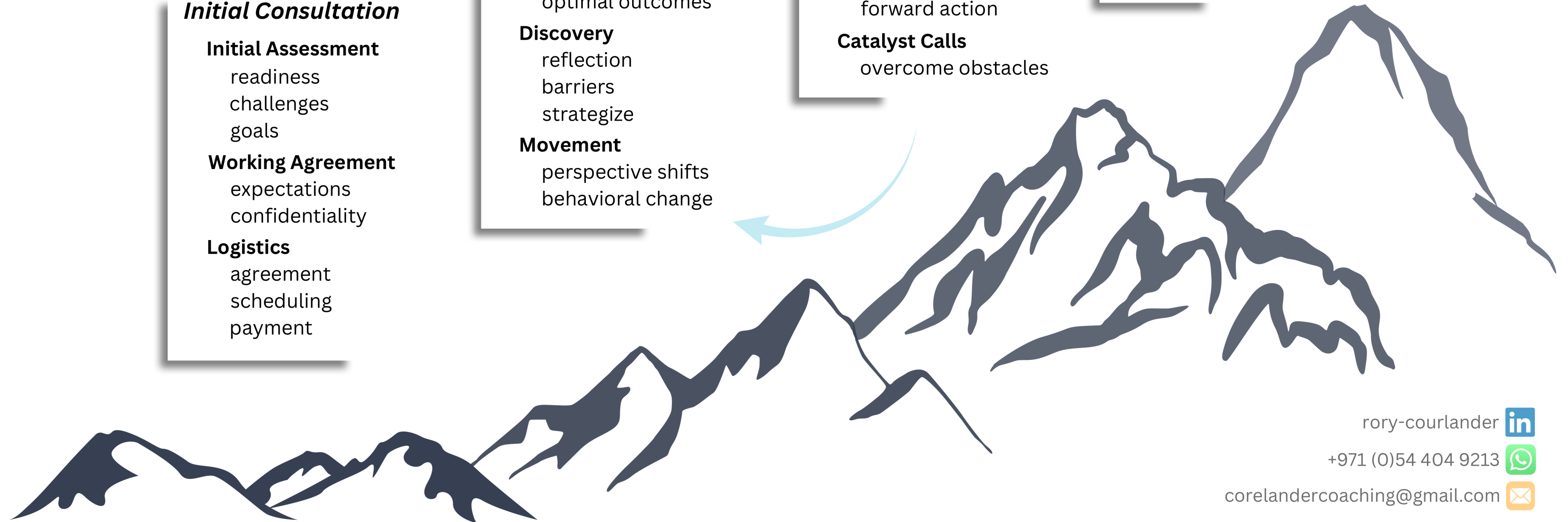
effectiveness reflection

Self-coaching Strategies

skills toolkit

Capitalize on Momentum

plan next steps



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Wheel of Life

Choose up to 8 life categories and rate them from 1-10 on interest and energy

A: Type your life category here

B: Type your life category here

C: Type your life category here

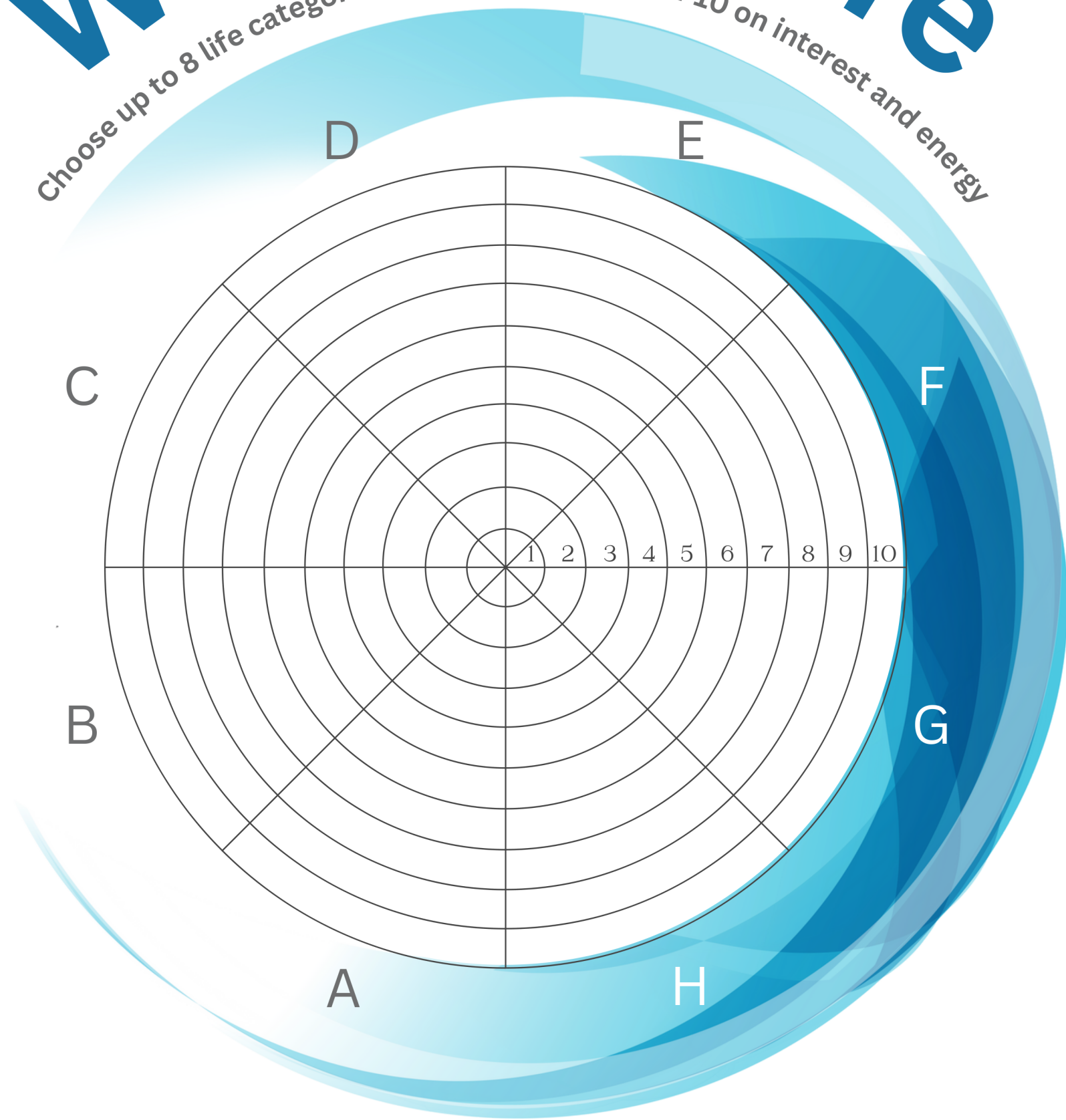
D: Type your life category here

E: Type your life category here

F: Type your life category here

G: Type your life category here

H: Type your life category here



GROW Model



TOPIC	<i>Type your topic here...</i>
Goal	<i>Write about your GOAL here...</i>
Reality	<i>Write about your REALITY here...</i>
Options	<i>Write about your OPTIONS here...</i>
Will	<i>Write about your WILL here...</i>



Goal Setting

Approaching Goals			
	What? What will you achieve?	Why? Why is this a good goal for you <i>now</i> ?	When? When will you achieve it?
Goal 1	<i>Write about WHAT you will achieve here...</i>	<i>Write about WHY this is a good goal for you now here...</i>	<i>Write about WHEN you will achieve this goal here...</i>
Goal 2	<i>Write about WHAT you will achieve here...</i>	<i>Write about WHY this is a good goal for you now here...</i>	<i>Write about WHEN you will achieve this goal here...</i>
Goal 3	<i>Write about WHAT you will achieve here...</i>	<i>Write about WHY this is a good goal for you now here...</i>	<i>Write about WHEN you will achieve this goal here...</i>



Plan for Action

Goal: Write your <i>FIRST</i> goal here...			
	How will you achieve it?	What is your plan?	Target Date
<p>Milestone 1</p> <p>Type the <i>FIRST</i> milestone for your goal here...</p>	Write about <i>HOW</i> you will achieve this milestone here...	Write about <i>WHAT</i> your plan is here...	Set your target date here
<p>Milestone 2</p> <p>Type the <i>SECOND</i> milestone for your goal here...</p>	Write about <i>HOW</i> you will achieve this milestone here...	Write about <i>WHAT</i> your plan is here...	Set your target date here
<p>Milestone 3 <input type="checkbox"/></p> <p>Type the <i>THIRD</i> milestone for your goal here...</p>	Write about <i>HOW</i> you will achieve this milestone here...	Write about <i>WHAT</i> your plan is here...	Set your target date here



Plan for Action

Goal: Write your <i>SECOND</i> goal here...			
	How will you achieve it?	What is your plan?	Target Date
<p>Milestone 1</p> <p>Type the <i>FIRST</i> milestone for your goal here...</p>	Write about <i>HOW</i> you will achieve this milestone here...	Write about <i>WHAT</i> your plan is here...	Set your target date here
<p>Milestone 2</p> <p>Type the <i>SECOND</i> milestone for your goal here...</p>	Write about <i>HOW</i> you will achieve this milestone here...	Write about <i>WHAT</i> your plan is here...	Set your target date here
<p>Milestone 3 <input type="checkbox"/></p> <p>Type the <i>THIRD</i> milestone for your goal here...</p>	Write about <i>HOW</i> you will achieve this milestone here...	Write about <i>WHAT</i> your plan is here...	Set your target date here



Plan for Action

Goal: <i>Write your THIRD goal here...</i>			
	How will you achieve it?	What is your plan?	Target Date
Milestone 1	<i>Write about HOW you will achieve this milestone here...</i>	<i>Write about WHAT your plan is here...</i>	<i>Set your target date here</i>
<i>Type the FIRST milestone for your goal here...</i>			
Milestone 2	<i>Write about HOW you will achieve this milestone here...</i>	<i>Write about WHAT your plan is here...</i>	<i>Set your target date here</i>
<i>Type the SECOND milestone for your goal here...</i>			
Milestone 3 <input type="checkbox"/>	<i>Write about HOW you will achieve this milestone here...</i>	<i>Write about WHAT your plan is here...</i>	<i>Set your target date here</i>
<i>Type the THIRD milestone for your goal here...</i>			



Reflection

Wrap-Up			
	First Reflection	Second Reflection	Third Reflection
Key Reflections	<i>Write your FIRST reflection here...</i>	<i>Write your SECOND reflection here...</i>	<i>Write your THIRD reflection here...</i>
Plan Next Steps	Step One	Step Two	Step Three
	<i>Plan your FIRST step here...</i>	<i>Plan your SECOND step here...</i>	<i>Plan your THIRD step here...</i>



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