A FREE POWER UP COACHING GUIDE

Make the Most of Your Coaching Sessions

Practical tips, simple habits, and thoughtful questions to help you arrive prepared, participate honestly, and carry your insights into everyday life.

Before. Get clear on what matters.

During. Notice what becomes possible.

After. Put one insight into practice.

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01 / PREPARATION

Arrive with something real

You do not need a polished story, a perfect goal, or the right words. Start with what is actually happening in your life.

01

Choose one situation to explore

Think of a recent conversation, reaction, decision, or recurring concern. A real example gives us something useful to examine.

02

Notice what you want from the session

Instead of “I need them to change,” try: “I want to feel clearer,” “I want to understand my reaction,” or “I want to respond differently.”

03

Bring the unfinished version

You can say: “I am not sure how to explain this yet.” Confusion, frustration, uncertainty, and mixed feelings are all welcome starting points.

A 60-SECOND CHECK-IN

What happened? What do I know for certain?
What did my mind add? What assumptions or meaning appeared?
What would be useful to explore today?

02 / IN THE CONVERSATION

Go beyond the story

The most useful moment is not always the moment you have a solution. Sometimes it is the moment you see the situation differently.

04

Say the part you usually edit out

If you feel embarrassed, defensive, uncertain, or reluctant, you can name it. You do not need to impress your coach.

05

Stay open to a new question

A question may shift your attention from what someone else did to what you are experiencing, assuming, or able to choose.

06

Notice shifts, not just answers

Pay attention when your body feels lighter, a thought loses its grip, or an old conclusion no longer seems so certain.

07

Ask to slow down

Try: “Can we stay with that?” or “I think I just noticed something.” A meaningful moment deserves room.

A USEFUL REMINDER

Coaching is not a performance. You do not have to agree with every question, force an insight, or leave with a dramatic breakthrough.

03 / INTEGRATION

Let the insight become practice

You do not need a long assignment. One small, honest experiment often teaches more than an ambitious plan you never use.

08

Capture one sentence

Write the clearest thing you noticed in your session. It can be surprisingly simple: “I was reacting to what I assumed, not what was said.”

09

Pick one ordinary-life experiment

Next time you notice the familiar pattern, pause and ask: “What do I actually know?” or “What is mine to decide?”

10

Watch without grading yourself

Falling back into old habits does not erase a helpful insight. Notice what happened and bring that experience into your next session.

11

Bring the result back

Tell your coach what changed, what stayed difficult, and what surprised you. That is useful material for the next conversation.

A SMALL PRACTICE CAN SOUND LIKE

“The next time I feel myself getting defensive, I will notice the interpretation I am treating as fact before I respond.”

04 / YOUR PRACTICE PAGE

A few minutes for yourself

Use this before or after a session. You can print this page, write on it digitally in a PDF app, or simply use the questions to reflect.

1. What situation or pattern deserves my attention?

2. What do I know, and what might I be assuming?

3. What did I notice or understand differently?

4. What is one choice or experiment that belongs to me?

Noticing counts. A useful coaching session does not require a perfect outcome. Recognition, curiosity, and one different response are meaningful places to begin.

A NOTE FROM KATHERINE

Bring your whole, human self.

You can come to coaching knowing exactly what you want to talk about. You can also arrive with a messy situation, a feeling you cannot quite explain, or a question you have been carrying.

My role is not to tell you who to be or how to make someone else behave. We look together at what you are experiencing, the thinking that may be shaping it, and the choices available to you.

The three questions worth keeping close

What happened?

What did my mind add?

What is mine to decide?

Ready for another conversation? Explore coaching options or schedule a complimentary phone consultation.

EXPLORE COACHING

BOOK A FREE PHONE CONSULT

You don’t have to believe everything you think.