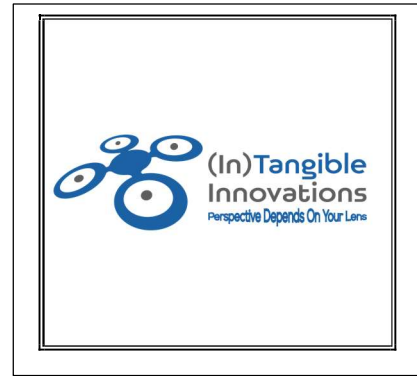


The Discovery Session is . . .
... an invitation to explore:



1. What do you most want? _____
2. What are your perceptions, senses? _____
3. What do you tolerate? _____
4. What do you ignore? _____
5. What makes your body tense? _____
6. What emotions are showing up? _____
7. What is also true? _____

Contact Information:

Client Name: _____

Date: _____

1-month goal: _____

6-month goal: _____

Value Proposition:

1. What goals would you like coaching on? _____
2. What does success look like? _____
3. What obstacles do you anticipate? _____
4. What is at Stake? _____
5. What is your timeline? _____
6. How confident are you? 1-10 _____
7. How will you pay tribute to your success? _____

Completion Questionnaire:

1. How did coaching with Nancy help you achieve your goals?

2. What goals have you not yet met? _____

3. What action steps did you take towards your goal(s)? _____

4. What are you taking with you? _____

5. How will you pay tribute to your growth and learning? _____
