

Coaching Session Plan

Client Name: John Paulo Martínez

Date: July 28, 2023

Session Number: 5

Duration: 60 minutes

Objective/Goal of the Session: To assist John in identifying his career goals and developing an action plan to achieve them.

Agenda:

1. The Warm-up (10 minutes):

- Start with a casual conversation to ease into the session.
- Ask about John's week and any significant events or feelings since the last session.
- Discuss any thoughts or reflections that have arisen since the last session.

2. Goal-Setting (5 minutes):

- Confirm the goal of the session: to identify career goals and start developing an action plan.
- Reiterate that this is a safe and non-judgmental space where he can explore his thoughts and feelings openly.

3. The "Actual" Coaching (30 minutes):

- Use open-ended questions to explore John's career aspirations. Examples might include:
 - "What does your ideal career look like?"
 - "What aspects of your current job do you enjoy? Which do you dislike?"
 - "What skills or strengths do you think you could leverage in your ideal career?"
- Use active listening and respond with empathy and understanding.
- Encourage John to think outside the box and imagine his career without current perceived limitations.
- Introduce potential tools or techniques that could assist John in exploring his career options (such as SWOT analysis, vision boarding, etc.)

4. Defining Commitments (10 minutes):

- Based on the discussion, help John identify specific, achievable steps he can take towards his career goals.
- Ensure these commitments are realistic and within John's capacity.
- Encourage John to write down these commitments.

5. Reflection (5 minutes):

- Summarize the key points and learnings from the session.
- Ask John to share his thoughts on the session and any insights he gained.
- Encourage John to reflect on these learnings after the session.

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