

SAMMIE HAYES
COACH

Session Prep Questions

How Do YOU Want To Spend Your Time?

To get the most out of each coaching sessions, take a quiet moment to consider how you want to use your time with me in our next session. Approximately 24 hours prior to our next session please email the answers to these questions and any other information you'd like to share:

What is your agenda for today's session?

What feelings, breakthroughs, insights or transformed beliefs have you had since we last spoke?

What are the biggest personal or professional concerns are you facing now?

What have you accomplished since the last call regarding your current projects or goals?

What action are you ready to take now?

Is there any feedback you want to give me?

21015 33RD DR. SE Bothell, WA. 98021

Sammie@monarchlife coaching.com - 425.359.8211

