**Coaching Topics Worksheet: Garrett**

Imagine it is 3 months from now. A win/success/relief/accomplishment for you would be... WHAT?

Don't worry about what seems possible. Use as many of the following prompts as possible to create coaching topics to use during our sessions.

*If I could figure this out…*

*If I could resolve this issue…*

*If I could create this plan…*

*If I could feel less stressed about this…*

*If I could have this started…*

*If I could have this completed…*

*If I could get out of my own way in this…*

*If I could dream about this…*

*If I could move forward with this goal…*

*If I could grow in this area…*

*If I could develop this skill…*

List your coaching topics here:

* Handling stress of being in a department/role I didn’t choose
* Figuring out how to trust a new manager virtually
* Figuring out how to lead a client engagement (such as maintaining OBHG and Greenville ENT projects)
* Initiating giving/receiving feedback to each other after projects – figuring out how to encourage debriefing and learning from the work done together as a team
* Communication while being on a remote team
* Talk through my top five strengths and applying them to work/career (Deliberative, Connectedness, Strategic, Discipline, Responsibility)

Possible Coaching Topics to Consider:

* Time Management / Addressing Time Bandits
* Work-Life Balance
* Having Difficult Conversations
* Expressing Preferences
* Asking for What You Need
* Wellness / Making Healthy Choices
* Active Listening
* Confidence
* Building Relationships / Starting Conversations
* Giving & Receiving Feedback
* Business & Social Etiquette
* Executive Presence
* Connecting with Your Team / the Firm
* Stress Management
* Centering Practices – Ways to have more focused energy to be more engaged