



Coaching Session Prep Sheet

to help you gather your thoughts and communicate clearly and concisely so that you can get the most out of our time together

If you'd like to be coached, raise your hand digitally by clicking the "raise hand icon" in the "reactions" section at the bottom of the Zoom screen.) This lets Kristine know that you would like to work with her, and helps her manage the time.

Although Kristine may not be able to work with every member at every session, trust that you will gain valuable insights each time you attend. Listening to other caregivers being coached will help your mind start to shift – that's why the format of group coaching is so powerful. And if you have a pressing or sensitive issue, there's always the option of booking a private session with Kristine.

HERE'S HOW TO INTRODUCE YOURSELF:

- 1• tell us your name
- 2• tell us a one-sentence fun fact about **YOU** as a person
(like "I love to read murder mysteries" or "I can bake a fabulous chocolate cake" or "I'm half-Irish")
- 3• briefly tell us who you are caring for and the circumstances in a nutshell
(*"I'm caring for my mom who had a stroke and who lives an hour away from me."*)

DO YOU HAVE A HIGHLIGHT THAT WE CAN CELEBRATE WITH YOU?

WHAT WOULD YOU LIKE GUIDANCE ON – WHAT IS IN **YOUR** WAY RIGHT NOW?

What thought, circumstance, or emotion is weighing on YOU right now and causing concern or impeding your progress? What stories are spinning in your head? How are you leaking mental energy?

No issue is too small or insignificant. (Let go of "comparing the care" – even though everyone's caregiving experience unique, the **significance** of our experiences is equal.)

HAVE YOU DISCOVERED A NEW RESOURCE?

YAY – feel free to share it in the chat feed!

REMINDER: In order to listen deeply and respond meaningfully when she's coaching, Kristine doesn't look at the chat feed during the sessions – so she will likely NOT see or respond to any written messages. (She always reads through the chat feed after each session though.) Kate, our Community Manager, will be in attendance at many of our coaching sessions and you can connect with her in the chat. **If Kate is not at the session and there's an urgent issue you need to draw Kristine's attention to, please make a gesture that will catch her eye.**