

Discovery Call Prep

What is a discovery call?

This is an initial conversation between you and a coach which enables you get an understanding of what it would be like to work together. It will help you and the coach decide if there is a good fit. The coach will want to understand what you wish to achieve through the coaching relationship and how committed you are to this and you will be able to get a sense of how comfortable you will be working with the coach. You can ask any questions about the coaching process and discuss any concerns you may have about working with a coach.

How long will the discovery call be?

Typically calls are 20-25 minutes long. We respect your time and want you to get the most out of the call and we ask that you are respectful of the coaches time too. Please ensure you are in a quiet, safe space where you will not be interrupted or overheard and be ready to start on time and prepared to finish on time. If you are aware that you have difficulty being on time for appointments the following questions may help you to change that pattern.

1. What will it be like for me to be on time for this appointment?
2. What actions can I take to ensure that I am on time?

How should I prepare?

To get the most out of the conversation take some time in advance of the call (preferably over a few days) to think about what you want to achieve through coaching. It may help to make a few notes for yourself as things come to mind. You can also write down any concerns that come up too.

The following questions may help you with this:

1. What would my life look like / feel like when I achieve the outcome I want from coaching?
2. What is getting in my way of achieving this currently?
3. What would be possible if there was nothing in my way?

What should I do if change my mind and decide I don't want to talk to a Coach?

We totally understand that life doesn't always go to plan and sometimes you just change your mind. If for whatever reason you don't want to attend the discovery call please provide as much notice as possible in whichever way you feel most comfortable. We always appreciate understanding if there is something we could have done differently, so do please let us know.