

Planning for a Coaching Conversation in 5 Minutes: Episode 265

Elena: Hello friends. Welcome to the Bright Morning Podcast. I'm your host Elena Aguilar, and in each podcast episode, you'll learn how you can lead conversations that build connection and spark change. Today we are asking the question that so many coaches have quietly wondered, which is, do I really need to plan for every coaching conversation?

If you're overwhelmed. If you are coaching multiple clients across schools, or if you're just tired, this question might hit close to home. So let's get into it. Why planning matters, what it can look like and how to make it work, even when time is tight. So as coaches, we know that teachers need to plan their lessons, and that planning matters.

But somehow, when it comes to coaching sessions, many of us skip the planning step. We show up, we draw from experience, and we try to wing it. And sometimes it works, but more often than not, it really doesn't because without a plan, we miss opportunities to deepen trust. We lose clarity around purpose. We struggle to be adaptive in the moment, and we can leave conversations feeling like we drifted or like we didn't make the most of the time.

Okay, so you are invested in the importance and potential of planning. But what does that mean? Planning doesn't mean writing a full script. It means setting an intention, centering your client's needs, and grounding yourself in the coaching stance that you want to embody. So the problem really is that we think that planning has to take a long time, or we just don't know where to start, or we don't do it.

But what if you could get big results from planning for just five or 10 minutes? There was a period of time when I was coaching over a dozen educators across three different campuses. And I would frequently find myself walking into a conversation without feeling clear. I was kind of just trying to stay afloat.



And then one week I decided I'm gonna plan for just one client. So I gave myself 10 minutes and I answered five questions. What's my intention? How do I want my client to feel? Which of their strengths do I want to highlight? What coaching stance do I want to take, and what's the most important thing to address today?

So the results were shocking in a good way. My conversations were so much sharper. They were more emotionally grounded, and they were way more impactful. And to be honest, I don't plan in depth for every coaching session, but I always do some form of preparation, and it really shows. If you are invested in making your conversations as powerful as possible and perhaps saying goodbye to imposter syndrome, then you're gonna wanna check out my Skill Session called Planning for a Coaching Conversation.

And in that Skill Session, I walk you through my full planning tool and how to use it. I give you strategies for prioritizing when you have limited time, and I give you a customizable template that you can make your own. You also get suggestions for when to use light versus deep planning and how to build planning into your weekly workflow.

So for now, I've got a challenge for you for this week. Choose one upcoming coaching conversation. And then set a timer for five to 10 minutes, and use my five starter questions to prepare. Just do this once and then notice the difference in your presence, in your confidence, in your connection. So I've put those starter questions for you in the show notes for easy reference.

And remember this: What you invest in planning shows up in the power of your presence. Even just five minutes can transform a conversation. So, if you're ready to maximize your conversations, you'll find the Planning for a Coaching Conversation Skill Session in the Coach Learning Library. It's really one of the most practical, high-leverage tools I can offer you.

And if you want to coach with clarity and calm, then this is where it begins. If you wanna go deeper, then explore the linked resources below to keep learning. Thanks for being here with me today, and if you appreciated this episode, and if you are listening via podcast, then please share it with someone who you know who might benefit from it.



It and or you could hop over to Apple Podcasts and leave us a five star rating and a review to help others discover it. Now, if you're watching on YouTube and this video sparked something for you, then give it a like and share it with a colleague. And if you're not watching on YouTube, then come over and join us in the show notes.

You're gonna find links to the channel. All right, folks. LesLee Bickford is the podcast producer and Stacey Goodman does the sound engineering take care and be well Everyone.

