

1. The First Meeting

Goal: orientation, trust, and clarity.

You'll explore three things:

1. **Contracting and expectations**

- What do you want to achieve through coaching?
- How do you like to learn and receive feedback?
- What can we each expect from this partnership?
- How will we keep accountability gentle but consistent?
- Will we meet online, in person, or mix formats?

2. **Your coaching plan**

- Together we'll outline your focus areas and how success will look.
You'll decide what you want to pay attention to – not a checklist, but themes that matter most.

3. **Agreement and logistics**

- We'll confirm your package, schedule, and confidentiality agreement.

2. Between Sessions

Coaching isn't homework – but it is an invitation to notice, integrate, and act.

You might reflect on questions like:

- What shifted since our last session?
- What have I tried, learned, or avoided?
- What do I want to explore next?

Sometimes I'll share a resource – an article, framework, or reflection exercise – if it fits our conversation, but your real work is what happens in your day-to-day context.

3. The Coaching Session

Every session has its rhythm:

1. **Check-in** – what's been present since last time?
2. **Focus** – what feels most important to explore today?
3. **Dialogue and reflection** – we think, question, sense, map meaning together.
4. **Action and insight** – what will you carry forward?
5. **Close** – brief review and confirm next date.

4. Midpoint Review

If we're working in a 6 session programme, our halfway point is a good time to pause and review.

We'll look at:

- What's already shifted in your thinking, confidence, or energy.
- How your goals may have evolved.
- How our work together feels – what's useful, what could change.

Sometimes this midpoint brings a refocus; sometimes it's simply a moment to acknowledge growth.

5. Final Session

Our last session creates closure and continuity.

We'll:

- Review your original goals and what's been achieved.
- Identify how you'll continue learning beyond coaching.
- Reflect on what you want to carry forward – insights, habits, or a sense of direction.
- Exchange feedback and agree if/ how you'd like to stay in touch or check in later.

6. Continuing Your Growth

Clear North coaching is designed to provide the tools and awareness to navigate future transitions independently.

You're welcome to return for ad hoc sessions when new changes arise or you want to recalibrate your path.

Many clients come back after a few months for a "Clarity Session" – a single reflection point to realign their direction.