

The MasterCoach

3D Coaching System[©]

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Coach in Three Simple Steps

1



DISCOVER

Purpose &
Strengths

2



DEVELOP

Insights-led
Actions

3



DEDICATE

To Follow
Through

1. DISCOVER

- ***The GOAL***
What goal would you like to work on? Describe the best possible outcome?
- ***The REALITY***
What does the current situation look like? On a scale of 1 to 10, how close are you to reaching your goal?
- ***Your STRENGTHS***
Identify the strengths you bring to achieving this goal.

2. DEVELOP

- ***The OPTIONS***
Let's brainstorm. What are all the possible options or steps you could take to reach your goal? What else?

3. DEDICATE

- ***To ACT***
List the specific actions you will take between now and our next session.