Notes from JD/S1/03.07.2026 (General template)

Session details

Online, 3pm.

What happened

We had a good conversation. I found it hard to work out what she wanted to get out of the session (when I tried asking questions about starting with the end in mind, she couldn't really foresee the future). So we talked about what we ended the last session on - talking about her career to date and what motivates her.

What felt significant

She lacked focus, may need to explore that if that happens again, as she volunteered for coaching.

Questions to try next time:

"What makes it difficult to know what you want to focus on today?"

"What feels most unfinished in your thinking right now?"

"What's taking up the most mental space for you at the moment?"

AI says: "It's actually quite common when a client is:

- tired
- recovering from illness
- overwhelmed
- reflective rather than action-oriented
- not yet clear what they want

She was essentially saying:

"Help me think."

rather than

"Help me solve X."

My coaching moves

Started by trying to define a goal. When one wasn't forthcoming, I asked her some questions to clarify where she is now and what is important to her. This knowledge can form a basis for future coaching convos.

Ethics / boundaries / contracting

Recontracting around goals several times, to check I wasn't leading the convo too much.

What I learnt

That sometimes people aren't in a position to set a goal. Instead, you can coach the uncertainty rather than the goal. And also, it was okay for this to happen in session 1 as info gathering is useful and helpful to start our relationship.

What to try in the next session (new questions/technique/revisit a theme)

She asked if we could start by talking about focus and motivation in current role.

And thinking about today's session, I could ask “What would make this conversation feel worthwhile for you?”