



Participant Worksheet: The Coaching Habit Session

Use this worksheet to capture your reflections, insights, and commitments during our session. You will not be asked to submit this—it is for your personal use.

Reflection on Coaching Questions

Which coaching questions come most naturally to you? Which feel least natural or most uncomfortable?

Advice vs. Questions

Think of a recent conversation where you defaulted to giving advice. What impact did that have on the other person's ownership and follow-through?

Application to Leadership

How could using the 7 coaching questions change your leadership conversations?

Key Takeaways

What insights from today's discussion stand out most to you?



Commitment to Action

What is one concrete shift you will make in your leadership conversations this week to ask more and tell less?