

# Victoria College Success Coaching Meeting

## *Before Your Appointment*

Coaching is designed to help you achieve your goals. Preparation for your appointment is not necessary; however, it can be helpful. As you prepare to meet with a success coach, consider some of the questions below. Before your first appointment:

- Do you have any questions about the coaching process?
- What would you like to work on with your success coach?
- What change(s) would you like to see as a result of working with a coach?

To give you some ideas, here are some things that other people have worked on:

- Create a time management system that works for you
- Design a strategy for reading a textbook that is effective
- Create a plan for studying for upcoming exams
- Identify study strategies that are more efficient
- Set goals and create structure for meeting those goals
- Identify the ideal study space and techniques for effective study sessions

Consider, what would maximize the coaching experience for you? What outcomes would you like to see? What would a successful appointment look like for you today? (Be sure to share this with your coach!)

## *Before Your Next Appointment:*

- What has happened as a result of your last coaching appointment? What progress have you made? What insights or observations have you had?
- How are you doing on your goals or action items? If you didn't make progress – that can be helpful, too. What did you notice about where you got stuck?
- What would you like to work on this week? What are you going to focus on next week?

## *Remember, coaching is for YOU.*

- Take notes or ask the coach to help you take notes during your session or at the end of the session so you can capture ideas you've brainstormed and you take away a list of action items and next steps.
- During the week, keep these notes handy and refer to them to keep you on track with your planned action items.