

Ways to Wrap-up a Coaching Conversation.

How you finish a coaching conversation is very important. It can set the client up for taking powerful action steps between coaching sessions. Here are a few phrases that can help:

“We are approaching the end of our time today and we’ve covered a lot of ground. As you reflect on our conversation ...”

- What plan has taken shape for you?
- What specifically will you need to do in between our conversations?
- What helps you to track details and action items?
- What have you learned about yourself in this conversation?
- How will this help you moving forward?
- What has been most helpful in our conversation today?
- When will we talk again?