

3min coaching session

to make better decisions and grow



illustrations by Zdenek Sasek

Kate Sotsenko
Productivity Training & Coaching



#thegoodbusy
bridgeeleven.co

instructions

step 1: think of a topic* on your mind

step 2: read the question

step 3: answer the question

step 4: move to the next question

step 5: repeat

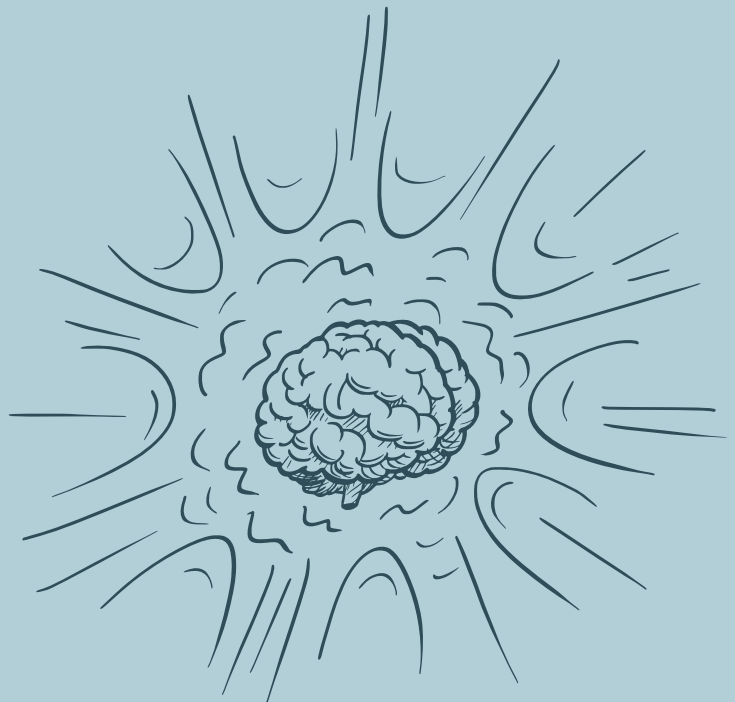
topic: issue, opportunity, question, problem. etc.



tip

read questions and answer out
loud to raise awareness of
what is going on in the mind

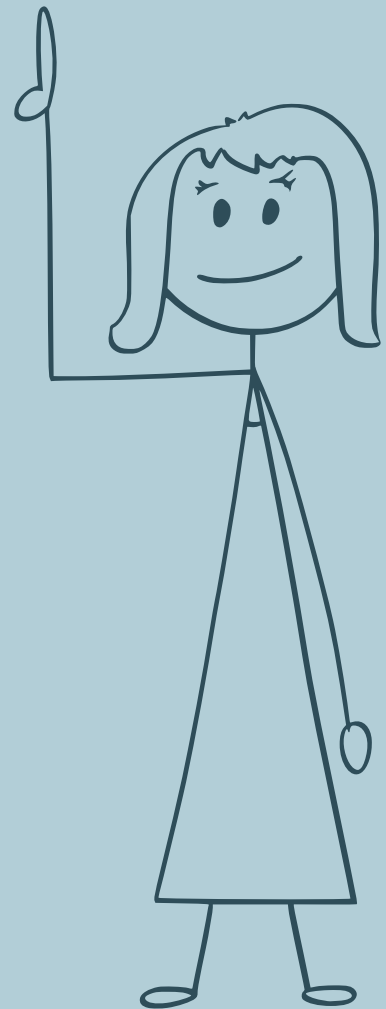
Carla Marie Manly, clinical psychologist



housekeeping

everything shared in this session
will stay confidential between
you and your screen

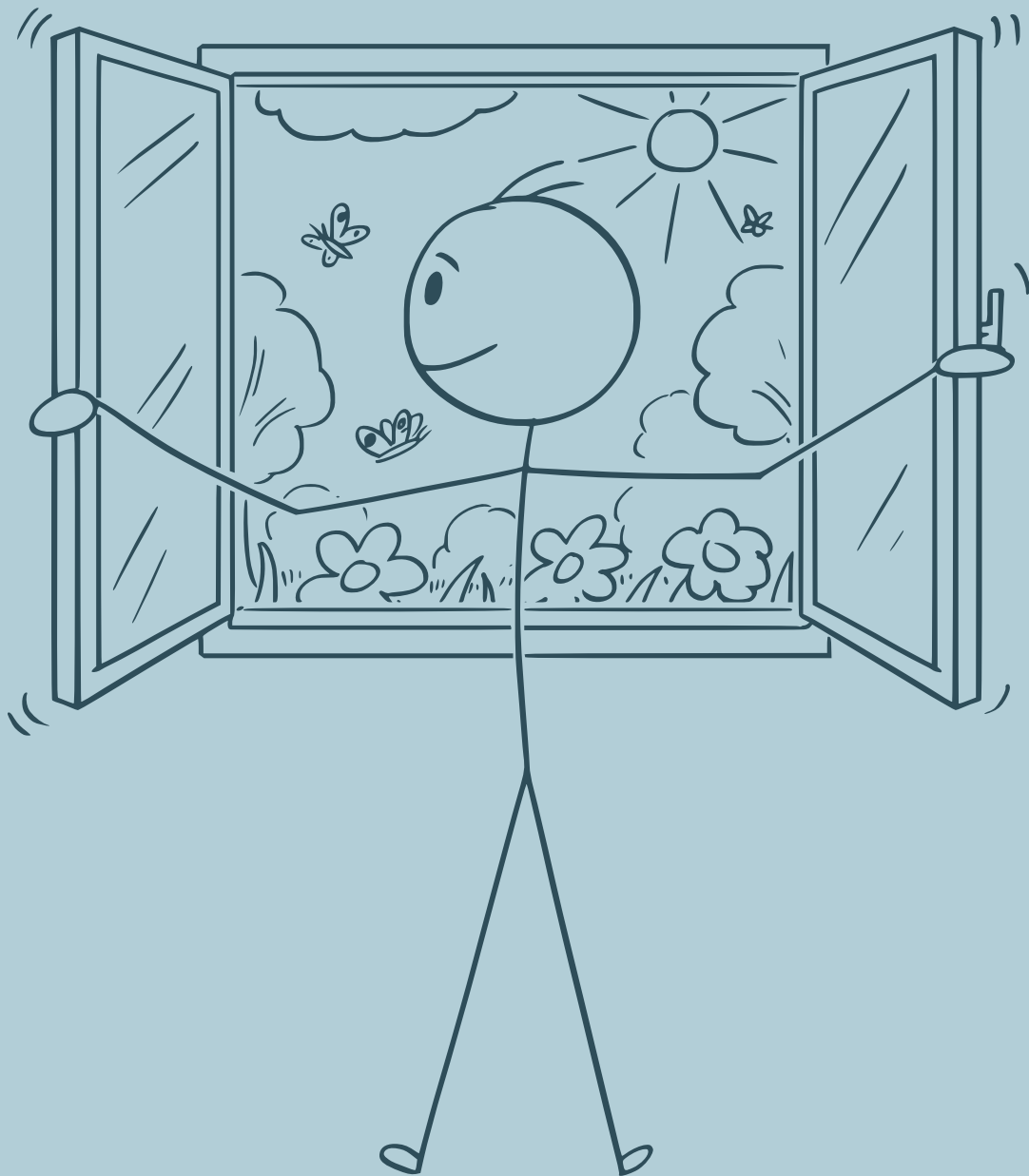
warning: Google might be listening



ready?



take a deep breath



think of a topic
on your mind



01

what's is bugging you at the moment?



pause to answer...



02

what's it really about?



pause to answer...



03

what is
interfering in this
situation today?



pause to answer...

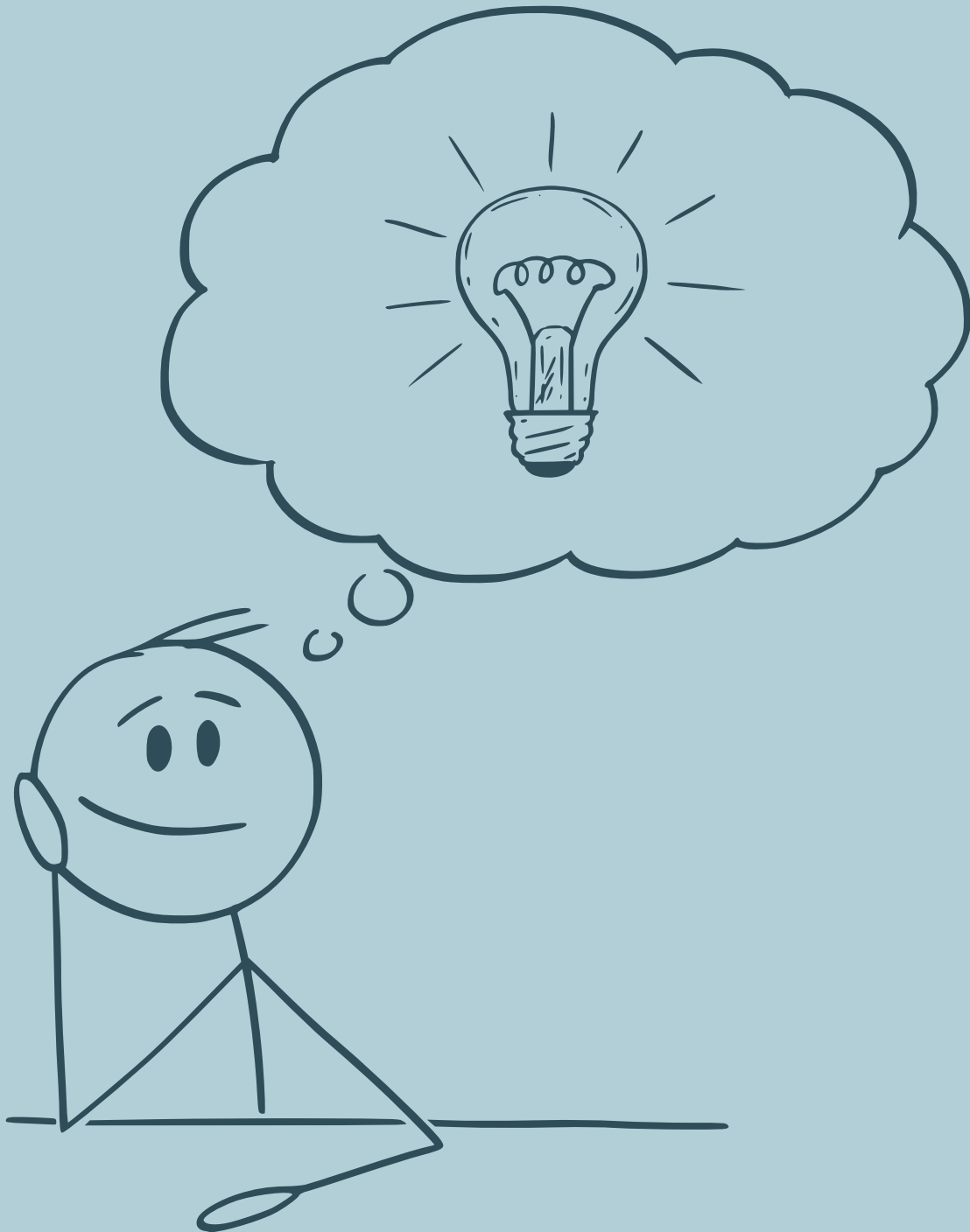


04

who owns this situation?



pause to answer...

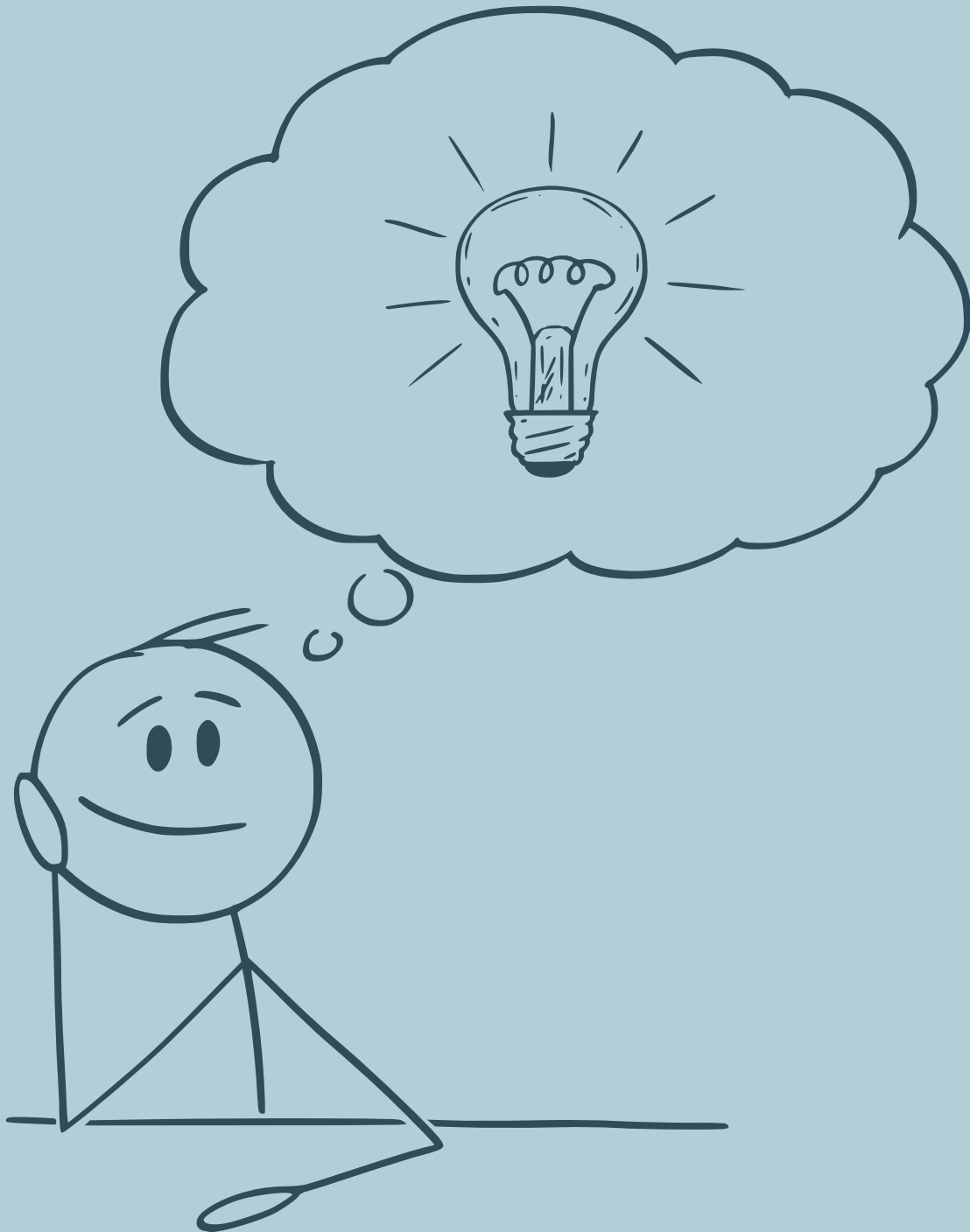


05

what is the
connection
between the
answers to the
last 2 questions?



pause to answer...

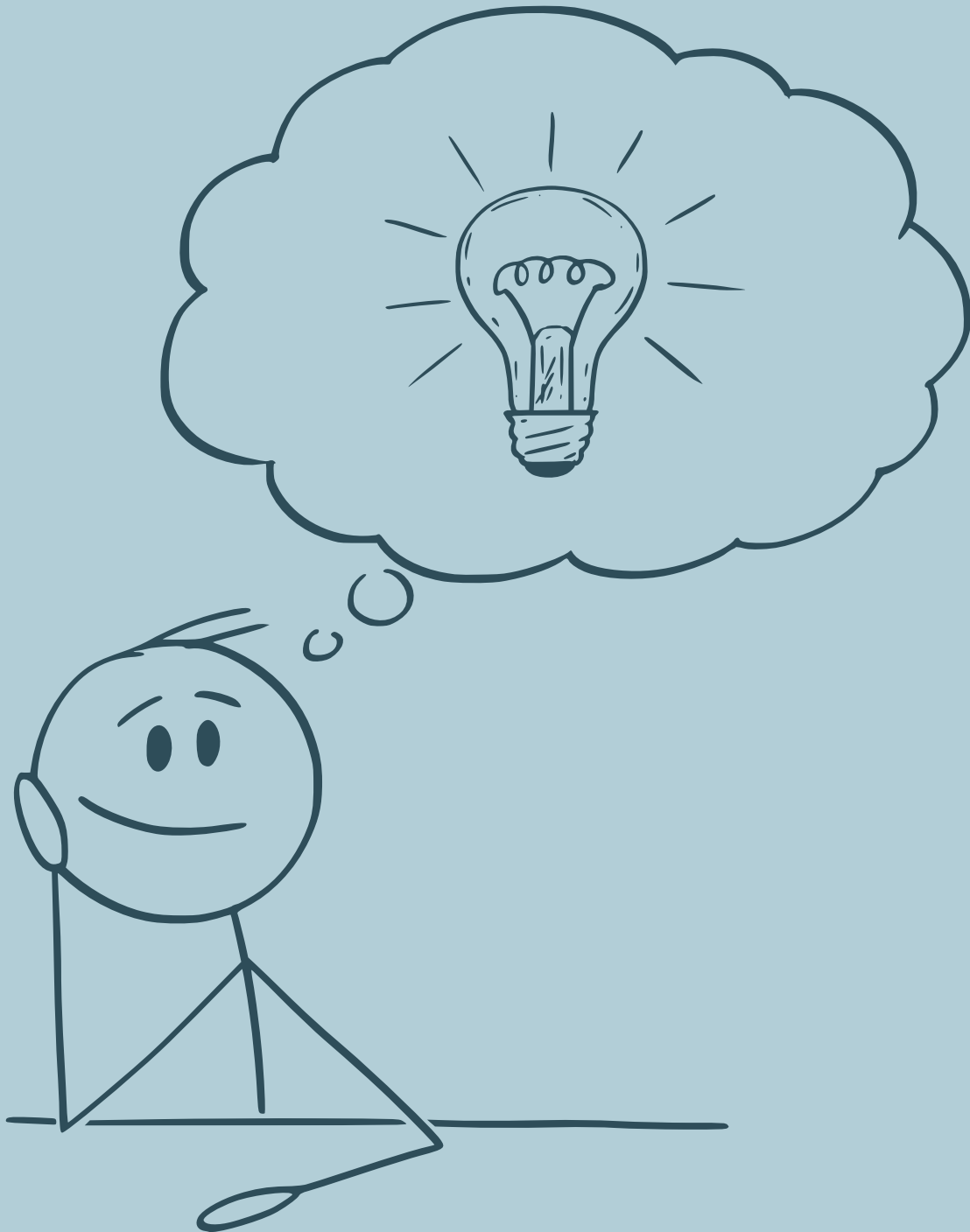


06

what else is relevant?



pause to answer...

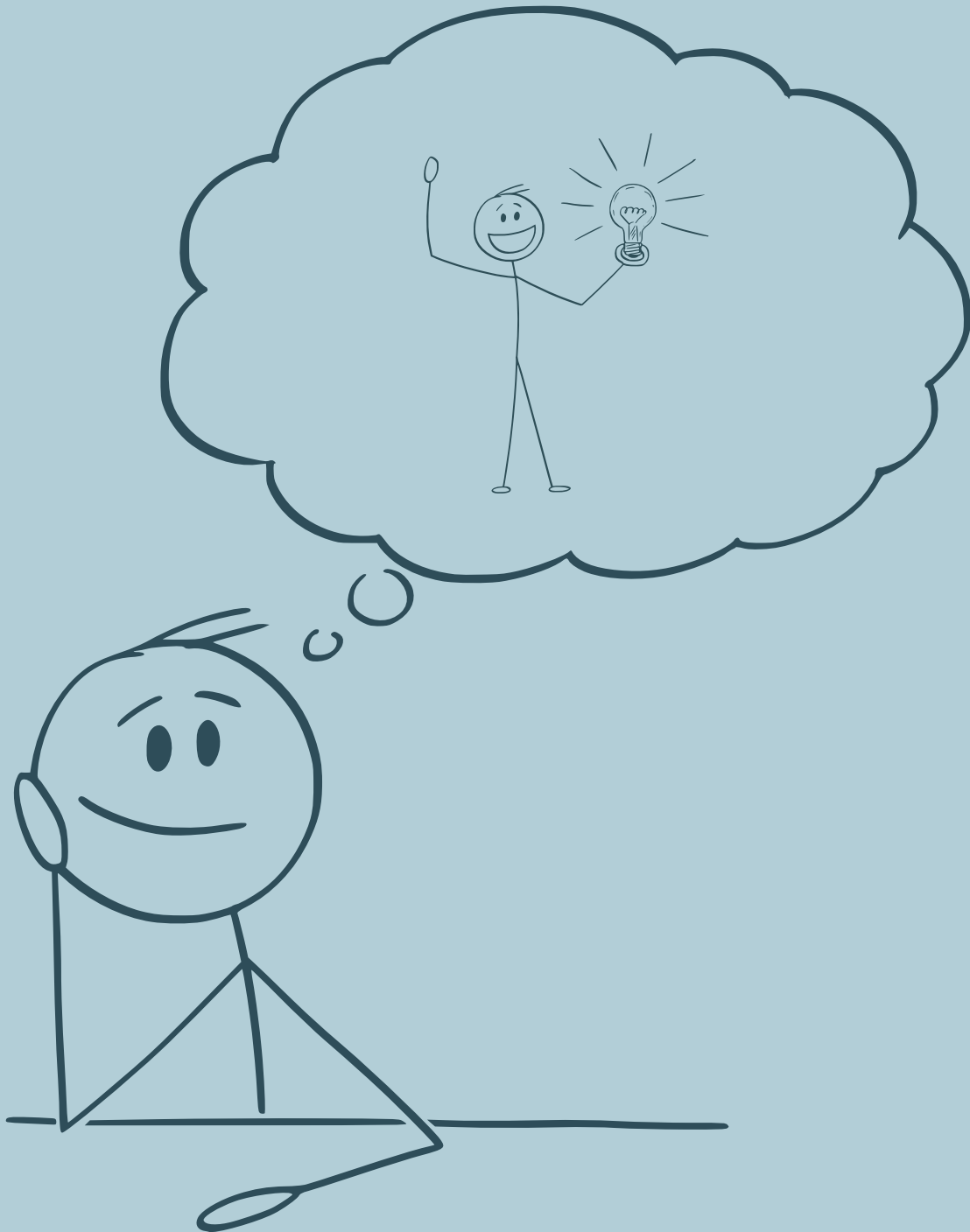


07

what would you
advise a friend
in the same
situation?



pause to answer...

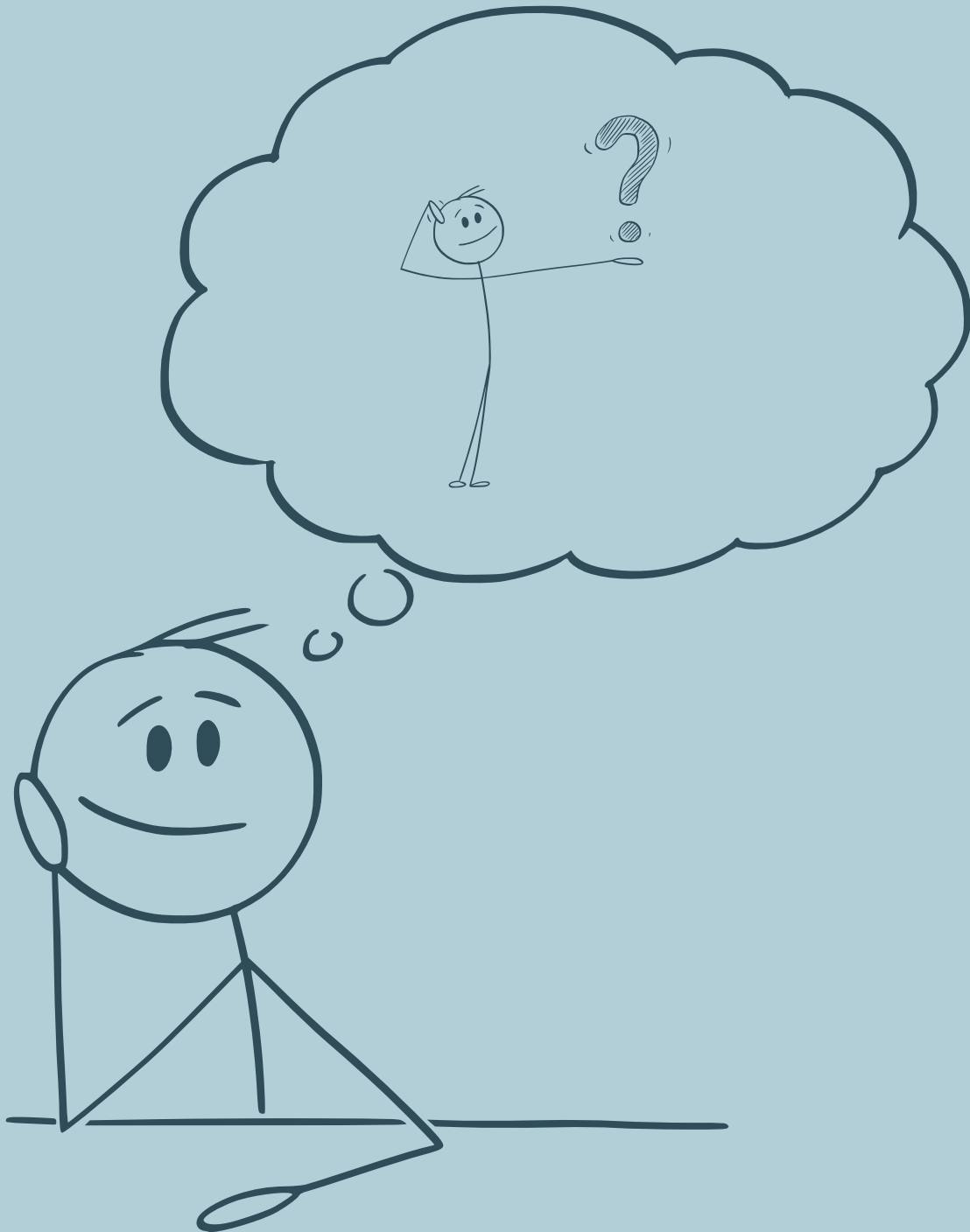


08

what if you
followed your
own advice?



pause to answer...

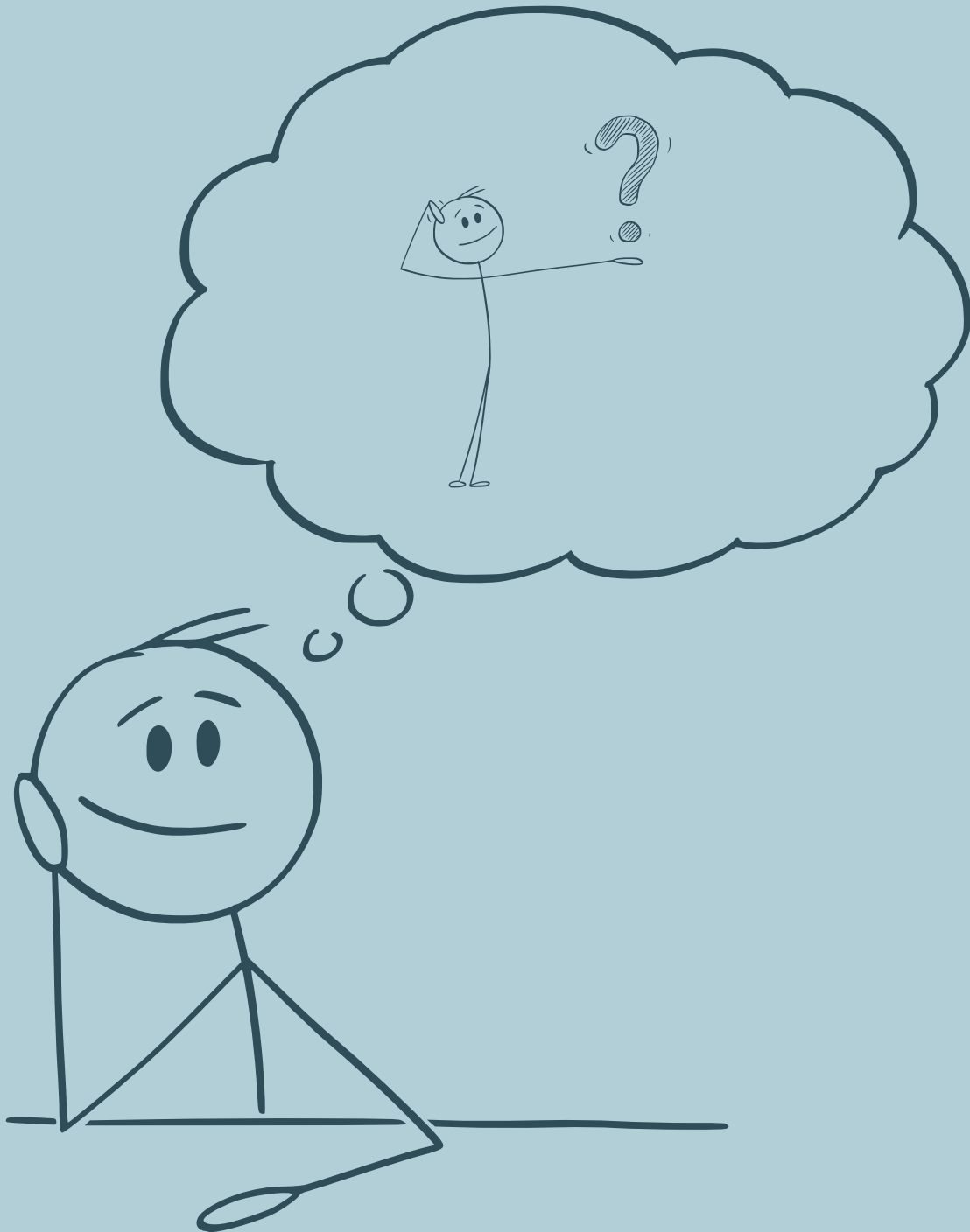


09

what is the worst
thing that can
happen?



pause to answer...

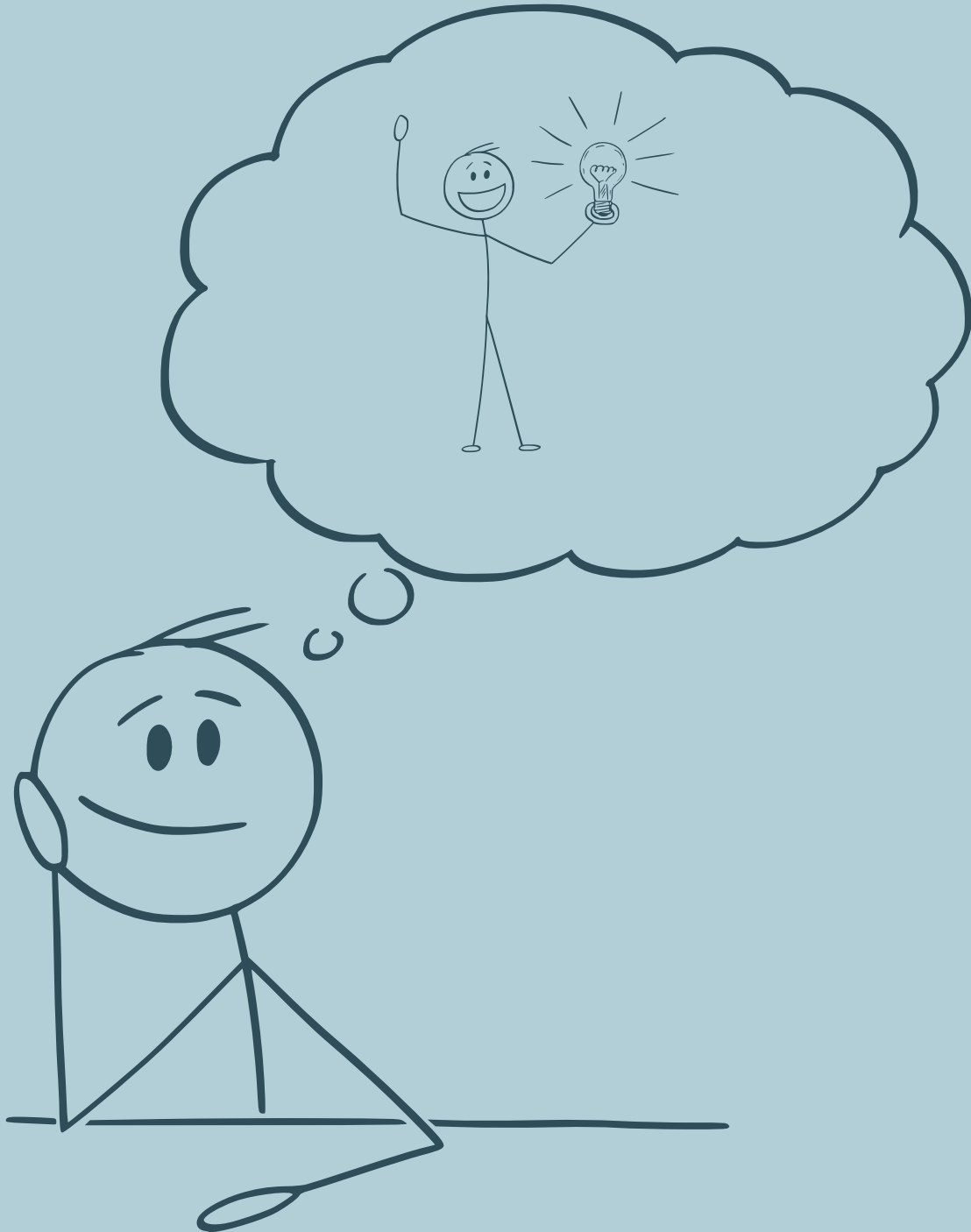


10

so, what are you
willing to do?



pause to answer...



and how do you
feel now?



that's it for today



thank you for
taking the time



wisdom of the day

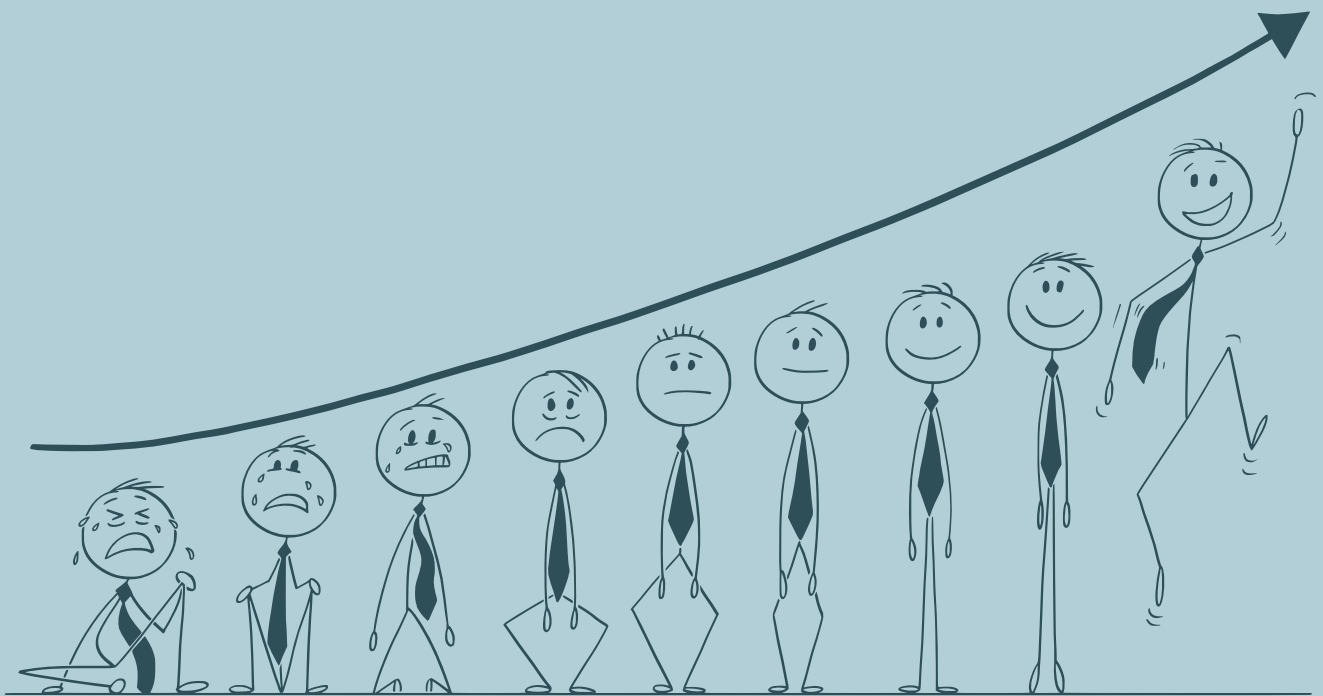


be not afraid of growing
slowly, be afraid only of
standing still

Chinese Proverb



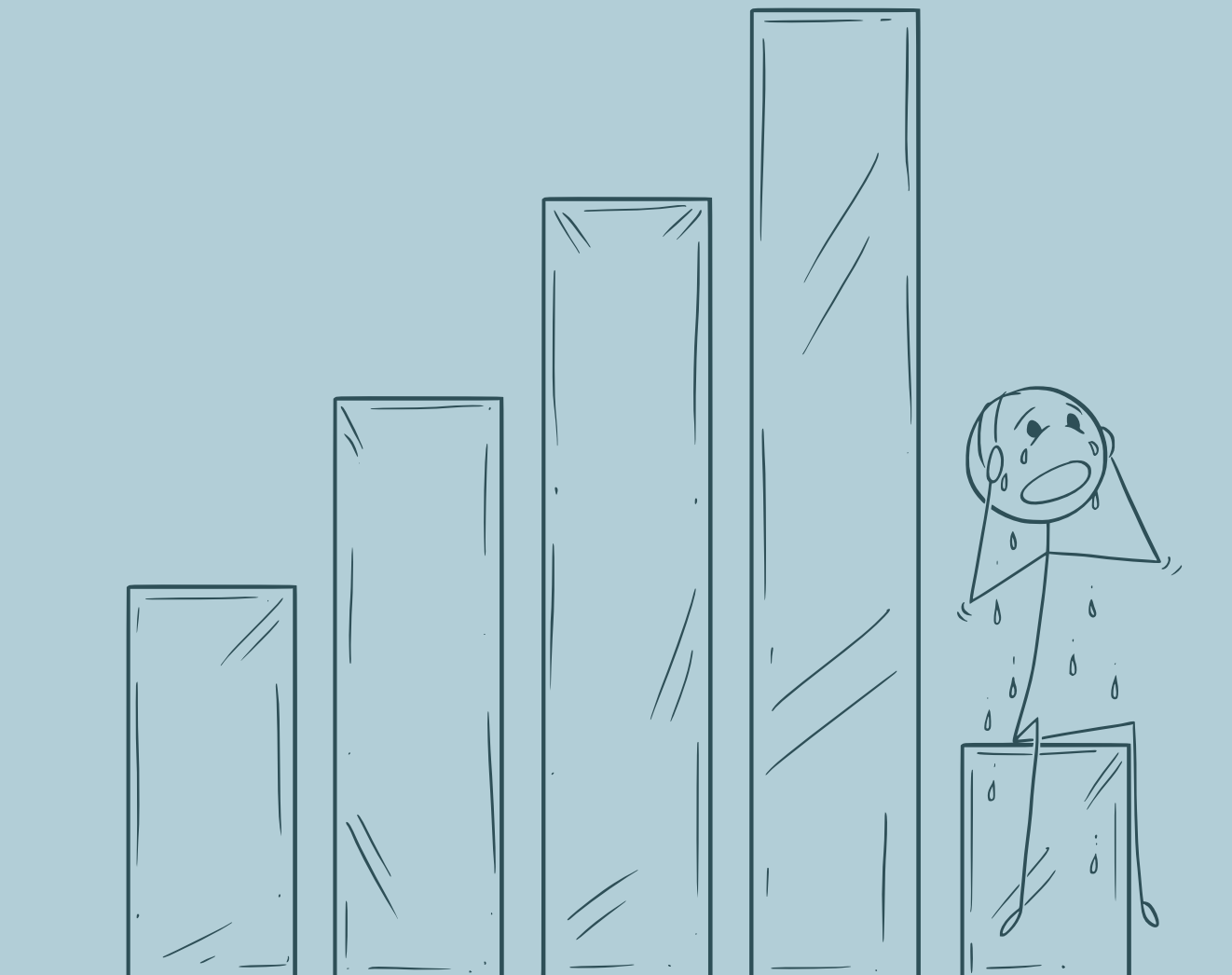
coaching is for those
who want to improve
analytical judgement,
emotional intelligence
& make better
decisions



the alternative

being replaced by AI...

or someone who has the skills to
perform in AI-powered future



repost if this was useful 



curious for more?

Hi, I'm Kate

I improve many skills with coaching.
Sharing the secrets with you.

What do I do?

Optimizing productivity for sports
brands: reclaiming time for
busy team leaders.



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