



# WRAP up a Coaching Session

---

## **W** WATCH – Watch for Shifts

Examples:

- The client takes a longer period of time than normal to talk through their answer to a powerful question.
- The client's tone or pace of speech changes.
- The client has a change in behavior (laughter, sighing, deep breathing, etc.).

## **R** REVIEW – Review Learning and Agreement

Examples:

- “What are you learning in this moment?”
- “I noticed you just \_\_\_\_\_ (paused, laughed, sighed, etc.). What's changed?”
- “How is what you are recognizing related to what you wanted from the session?”
- “How is this connected to the bigger life goal we have been working on?”

## **A** ACT – Action, Planning and Accountability

Examples:

- “What action would you like to take based on what you have learned?”
- “How can we make this a Well-Defined Action (Timeline, planning, etc.)?”
- “How will following through with this plan change your life (Learning/Being)?”
- “How do you want to hold yourself accountable to this plan?”

## **P** PARTNER – Partner in Closing

Examples:

- “Are you ready to wrap up our conversation, or did you have more to explore?”
- “How close are we to wrapping up the session?”
- “At the beginning of our call, you wanted \_\_\_\_\_. How close are we to this?”
- “How would you like to wrap things up?”