

# PCC Mentoring with Kelly

## Competency 3 | Establishes and Maintains Agreements

Please print this out and write the questions you would ask **by hand**. When we write with our own hand, we are much more likely to anchor the learning into our awareness, and therefore, the information will be much quicker to come in a session.

After you write down your questions, keep this sheet with you and look at it throughout your day, at least 3 or 4 times, for a week - this practice will ensure that the questions are right there when you're establishing that clear, concise and supportive goal with your client in a session. Remember! Clear, concise goals = a supportive, forward moving, great session.

### **3.1: Coach partners with the client to identify or reconfirm what the client wants to accomplish in this session.**

2 questions that would hit this marker are:

### **3.2: Coach partners with the client to define or reconfirm measure(s) of success for what the client wants to accomplish in this session.**

2 questions that would hit this marker are:

### **3.3: Coach inquires about or explores what is important or meaningful to the client about what they want to accomplish in this session.**

2 questions that would hit this marker are:

### **3.4: Coach partners with the client to define what the client believes they need to address to achieve what they want to accomplish in this session.**

2 questions that would hit this marker are: