

Day 1 Prompt Pack — Copy, Paste, Customize

Replace every [SQUARE-BRACKET PLACEHOLDER] with your own details before running.

PROMPT 1 Session Ground-Setter

Use case: Opening a first session with structure · Tool: ChatGPT

Act as my coaching session co-pilot, not my advisor. I am coaching [CLIENT FIRST NAME], a [ROLE] whose stated focus today is [THEIR AGENDA IN THEIR WORDS]. Draft 6 powerful open questions I could ask in the first 10 minutes – questions that expand their thinking, contain no advice, and no closed yes/no forms. Group them: 2 to open, 2 to deepen, 2 to sharpen toward a decision.

What a strong result looks like: Opening: 'What would make today's conversation worth the hour?' Deepening: 'What have you already tried — and what did that teach you?' Sharpening: 'If you had to choose one thread to pull today, which one pulls hardest?'

PROMPT 2 Advice-Trap Auditor

Use case: Reviewing your own session notes honestly · Tool: Claude

Here are my raw notes from a coaching session: [PASTE NOTES OR TRANSCRIPT EXCERPTS]. Audit me like a supervisor: mark every moment where I (a) advised, (b) led the witness, (c) told my own story, or (d) closed a question the client was still thinking inside. For each, rewrite what a coaching move would have sounded like. Be strict — this is practice, not evaluation.

What a strong result looks like: Line 12 — you asked 'Have you considered just asking your manager?' — that is advice in question clothing. Coaching version: 'What options have you mapped so far — and what is on the edge of the map?'

PROMPT 3 Coach vs Advisor Script Builder

Use case: Explaining your service to a prospect · Tool: Gemini

I am a life coach positioning my services to [AUDIENCE, e.g. mid-career professionals]. Write a warm 90-second script that explains the difference between coaching, advising and mentoring using one vivid everyday analogy, ends with how my process works (client sets agenda, coach owns process, actions drive results), and closes with an invitation question. No jargon, no hype.

What a strong result looks like: An advisor is the GPS — it knows the road and tells you where to turn. A coach is the driving instructor beside you: hands on your own wheel, a voice asking 'what do you see ahead?' — until you drive the route confidently without either of us.

PROMPT 4 Question Storm Expander

Use case: Multiplying your question bank before a session · Tool: ChatGPT

Generate 20 coaching questions for the topic [CLIENT TOPIC]. Rules: every question must be open (no yes/no), clean (no embedded advice or assumption), and under 15 words. Then delete any question a client could answer with a single word, and sort the survivors into three buckets: EXPAND thinking, SHARPEN focus, MOVE to action. Give me the final 12.

What a strong result looks like: EXPAND: 'What has this situation been teaching you that you have not yet admitted?' SHARPEN: 'Which of these three matters most if nothing else gets fixed?' MOVE: 'What is the smallest brave step you could take before Friday?'

PROMPT 5 C.A.R.E. Preview Coach

Use case: Previewing the framework you will master · Tool: **Claude**

Quiz me on the C.A.R.E. coaching framework (Compass, Analysis, Roadmap, Empower). Ask me one question at a time about what each stage is for, what the coach does in it, and what typically goes wrong. After each answer, score it 1-5, correct gently, and give one vivid example from a real coaching context. After all four stages, tell me which stage seems weakest for me and one practice drill for it.

What a strong result looks like: Stage 4 — Empower: your job is to surface the client's own resources ("Who do you know who has navigated this?"), not to hand over yours. Weakest stage flagged: Analysis — drill: next session, ask 'what is really driving this?' three times, three different ways.