PERFORMANCE COACHING MASTERY - DAY 01

Interactive Workbook

Complete this workbook as you work through Day 1. Fill it on screen (fillable PDF) or print it and write by hand. Your answers are yours — keep them in your course folder and revisit them at Day 15 to see how far you have come.

1 In two sentences: what is performance coaching? (No peeking at the lesson — your

Precision beats poetry. Measured gap? Whose system? What survives you?

2 Where does my fix-it reflex bite hardest? (Which moment, which kind of person, w

3 My slip count from today's mission — and the trigger moment it revealed.

4 Which of the 5 gap types do I most often MIS-diagnose — and what is my evidence

5 What do I want from this certification — for me, not just for clients? (One hone

H Tonight's Home Assignment — checklist

- [ ] Run the fix-it mission (~10 min)

Ten minutes of pure diagnosis with a real person. Log your slip count honestly.

- [ ] Write your stance card (~5 min)

One card: your definition of performance coaching + the gap type you most often misread. Carry it all 24 days.

- [ ] Skim tomorrow (~2 min)

Read the Day 2 title and ask yourself: where does performance-coaching demand actually live? Bring one guess.

N Extra notes & ideas