

OVERVIEW

Coaching Method Map

Name the way you work so clients trust the unknown.

CLIENT / NAME

COACH

SESSION DATE

P Purpose

Describe your coaching arc — first session to last — in plain steps a prospective client can picture before paying.

W Why this matters

People fear coaching they cannot visualize. A named, ordered method turns 'talk to a coach about my life' into a path with stages, which converts hesitation into enrollments.

1 Your arc in five moves

Work here

Sketch the journey a client walks with you, first session to final review.

2 Name the stages

Work here

Give each stage a two-word name a client would actually repeat (like 'Clear the fog').

3 The proof of progress

Work here

How will a client SEE progress at each stage — artifacts, scores, decisions made?

4 What you do not do

Work here

Write the boundary: where coaching ends and therapy, advising or consulting begins.

5 The session rhythm

Work here

Session length, homework style and check-in cadence you will hold clients to.

R Read it back

READ-BACK

Read your arc to a friend in under 60 seconds. If you run out of breath, your method has one stage too many.

YOUR NEXT MOVE

Pair this map with your one-liner (Tool 06). Together they answer 'what do you do and how' without a sales pitch.