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.