

A GUIDE FOR LEADERS EXPLORING COACHING

Leadership Reflection Guide

This guide is an invitation to pause and reflect. Before exploring whether coaching is right for you, these questions are designed to help you get honest with yourself about where you are, what you want, and what might be getting in the way. There are no right or wrong answers. The only goal is your own clarity.

HOW TO USE THIS GUIDE

- Take your time with each question. There is no rush.
- Write whatever comes to mind first. First thoughts are often the most honest.
- Skip any question that does not resonate. Choose what feels most relevant to you.
- Bring your reflections to the discovery call, or simply let them inform the conversation.

PART ONE

Where You Are Right Now

Begin with what grounds you. Clarity about your values and energy is always a strong starting point.

01 What values are most important to you in your work and your leadership?

02 Where do you feel most energized or motivated right now?

PART TWO

Your Goals and Possibilities

Coaching works best when you have a sense of what you are moving toward.

03 What do you most want to change, develop, or achieve right now?

04 Who could you become if there were no limits on your growth?

05 What expectations do you hold for yourself as a leader? How are they serving you?

PART THREE

Exploring Coaching

These questions help you get clear on whether coaching is the right next step for you.

06 What is standing between where you are now and where you want to be?

07 What would you most like to work through or move beyond with the support of a coach?

08 What would it mean for you to be leading at your full potential?

A NOTE BEFORE YOU CONTINUE

If you have made it to this page, you have already done something meaningful. You have taken time to reflect on where you are, what you want, and what might be possible. That kind of honesty takes courage.

Every person who walks into a coaching relationship is already whole, already capable, and already carrying more wisdom than they may realize. Coaching simply creates the space to access it. If any part of this guide stirred something in you, that is worth paying attention to.

“

Coaching is a partnership centered on you, with you as the expert on your life. You bring the wisdom. The sessions create the space to explore, gain clarity, and take action on what matters most. Every step forward is progress and deserves celebration.

The discovery call is simply a conversation. You share where you are and what you are navigating. There is no obligation, no agenda, and no pressure. Most people leave feeling heard in a way they did not expect.

Ready to Continue the Conversation?

Schedule a discovery call with Melissa Williard at Treasured Revelations.
It is the beginning of the conversation, not a commitment to anything more.

melissa@treasuredrevelations.com

www.treasuredrevelations.com

ICF Certified Coach · Leadership Development Facilitator · Talent Development Professional

TREASURED REVELATIONS

This guide is for your personal use. Your reflections are yours alone.

STRONG LEADERS · STRONGER ORGANIZATIONS · LASTING IMPACT