A Sample Virtual Coaching Exercise

Use this exercise to simulate the experience of a virtual coaching session. Start by identifying an area of your life where you’d like to make a change or transition. Which area would you like to change most? Health? Relationships? Money? Other?

Now Answer These Questions To Make It Happen

What will your life look like in this area when you have reached your potential?

What is your biggest fear or frustration with this area right now?

What does success look like specifically, and how will you know you’ve reached it?

What have you tried in the past that worked?

Who could you spend time with that would influence you powerfully in this area?

What is the next step you will take that would almost guarantee success?

When will you do it?

Extra Credit: Add Accountability. If you want to increase the chances of success, add accountability or coaching, to get leverage on yourself and make it so that you must do what it takes to reach the outcome that you really want for yourself.

NOW, imagine if you had someone walking you through this process every time you needed to make a transition in your life, or go to the next level. Imagine if you were doing this process to help other people when they needed support through a transition. Imagine how good it would feel, and how good you could become at it. Try this model with others, with friends, or with a partner, and watch how well it works to support them in a transition. In the Virtual Coach Training, you learn dozens of models, scripts, and techniques like this one to help lead and coach people to become their best selves.