

## **PERSONAL COACHING PLAN**

**Name:** Mark Ramos

**Top Goal:**

**Become more assertive in interactions with co-workers**

---

### **Initial Consultation:**

- Discuss coaching process and responsibilities of client and coach
- Define issues of concern
- Formulate one to three specific goals

### **Session 1:**

- Discuss definition of assertiveness with client
- Define current behavior patterns (i.e. rather than assertive, is the client passive or aggressive?)
- Determine current behavior patterns through questionnaire and discussion of personal examples

### **Session 2:**

- Analyze specific current behaviors via discussion and worksheets and explore assertive alternatives
- Assertive behavior role play
- Homework assignment: Planning worksheet

### **Session 3:**

- Discussion of planning worksheet
- Assertive behavior role play based on worksheet
- Homework assignment: implement assertiveness in life situation

### **Session 4:**

- Analyze homework via discussion and worksheets
- Plan additional assertive interactions

### **Session 5:**

- Analyze assertive interactions via discussion
- Create life plan to reinforce new strategies

### **Follow-Up Session:**

- Discuss/refine life plan
- Closure