

# Welcome to Your Discovery Session

*This document is yours to keep. Use it to prepare, to reflect, and to guide our conversation.*



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<b>Programme</b>	EMCC aligned
<b>Session</b>	Discovery Session

## WHAT IS A DISCOVERY SESSION?

This session is the starting point of your coaching journey. It is a relaxed, open conversation entirely focused on you. There are no right or wrong answers, and nothing is expected of you.

By the end of our time together, we aim to have a clear picture of what has brought you to coaching, what you are hoping to achieve, and how we will work together going forward.

### What coaching is

A forward-focused, practical process. You are in charge of your own direction. My role is to ask questions, listen, and support you in finding your own clarity, not to give advice or tell you what to do.

### What coaching is not

Therapy, mentoring, or consultancy. I will not diagnose, instruct, or provide solutions. The work and the insights come from you.

## CONFIDENTIALITY

Everything we discuss is strictly confidential. The only exceptions are if there is a serious risk of harm to you or others, or if I need to discuss elements of my practice within professional supervision or assessment (in which case your identity is protected, and [consent](#) is requested).

I operate in line with the [EMCC Global Code of Ethics](#) and the [Coaching Minds Professional Code of Conduct](#).

## HOW TO USE THIS DOCUMENT

The questions on the following pages are here to help you think before we meet, so that our conversation can go deeper more quickly. You do not need to prepare polished answers. Notes, half-thoughts, and honest uncertainties are all welcome. You can also simply bring this document along and we will work through it together.

# Your Reflection Questions

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## 1 What do you already know about coaching?

*Have you experienced coaching, mentoring, or something similar before? What was that like?*

## 2 What has brought you to coaching right now?

*What is the problem, challenge or vision that brought you here? Describe it as honestly as you can.*

## 3 What would you most like to achieve from our coaching sessions?

*Think about the end of our time working together. What would you want to be different?*

**4 How would you know that coaching had worked for you?**

*What would you see, feel, or be doing differently? What would success look like in your life?*

**5 What would it mean to you to overcome this challenge or achieve your goal?**

*Consider each dimension separately, there are no wrong answers.*

**Emotionally**

**Financially**

**Practically**

**6 On a scale of 1 to 10, how important is it to you to address this right now?**

*1 = not a priority at all. 10 = the most important thing in my life right now. What number feels honest?*

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**7 Is there anything you would like me to know before we begin?**

*This might be something about your situation, how you like to work, or simply something on your mind.*

## What Happens Next

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- We will use this session to get to know each other and to understand what you would most like to work on.
- By the end of the session, we will agree a focus for our coaching work together and set a date for our first formal session.
- You will receive a short set of notes after the session summarising what we discussed and any agreed next steps.
- You are always welcome to change your mind, focus, or raise something new. This process belongs to you.

*I am looking forward to meeting you.*

**Julie Blint**

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