

**T**opic  
What would you like to be coached on today?

**O**utcome  
What would you like to take away from this session?

**M**easurement  
How will we know when we have that outcome?

**S**ignificance  
What makes this important to you?

*Follow up: What's important about...?*

**S**tart  
Where would you like to start exploring this topic?

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**T**ime  
We have about 5 minutes left today...

**O**utcome  
What are you taking away from this session?

**M**ovement Forward  
What will your first step be?

**B**arriers  
What could get in the way?

**S**upport  
What support would be helpful?