

# Clarity Session Prep Guide

Presented by Seagles Coaching

## Session Overview

Your Clarity Session is a focused coaching experience designed to help you gain insight, overcome obstacles, and take decisive next steps with confidence. We'll explore your current situation, clarify your goals, and craft a practical plan forward.

## What to Expect

- ✓ A 60-minute 1:1 session with your coach
- ✓ A safe, judgment-free space for open conversation
- ✓ Personalized insights, tools, and action steps
- ✓ Post-session follow-up to support your progress

## How to Prepare

1. Find a quiet, distraction-free space
2. Bring a journal or notepad
3. Reflect on: What's holding me back right now?
4. Think about your top 1–2 goals for the session

## Reflection Questions

1. What area of my life or leadership needs clarity right now?

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2. What outcomes would feel meaningful to walk away with?

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3. What mindset, habit, or story might be holding me back?

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