

## PRESENTER PREPARATION WORKSHEET

*Before meeting with a coach, spend an hour or so thinking and writing to gain personal clarity on the people, struggle & emotions adding complexity and challenge.*

The opportunity &/or challenge I am grappling with: *(single sentence summary)*

Important Relationships involved:

Helpful Details / Context:

What brought me here:

**My strongest emotions & my inner story about each:**

1.

2.

3.

4.

My biggest fear(s) or uncertainty is:

My greatest hope is:

A dilemma / paradox that underlies this:

How this impacts my self image / self confidence?

What prevents me from moving forward?

What beliefs or history do I have that makes this more complicated?

How are my core values entangled here?

Where do I most need to find clarity and confidence?

My core struggle might be...