

Your next two weeks

An example of the one-page sheet a leader receives every two weeks. Sarah, a fictional leader, is in weeks 7 and 8 of six months. Her coach chose this practice after reading her last reflection.

HER COACHING TOPIC

Letting my team solve day-to-day problems without me stepping in.

HER OBJECTIVE FOR THESE TWO WEEKS

Letting the team solve problems

Milestone for these two weeks: ask one question before giving an answer.

Her practices

FOCUS PRACTICE, ON REAL WORK

One question first

A minute, in the moment · 3 to 4 times a week, in real conversations

Week 1 (lighter) When someone brings you a problem, ask one open question before saying anything else: "What have you tried?" or "What would you do?"

Week 2 (deeper) Ask the question, then wait for the full answer. Notice the urge to jump in, and let the answer finish.

A question to hold What does the team know that I haven't asked about?

MORNING PRACTICE

Five steady breaths

5 minutes · 3 to 4 working mornings a week

What to do Stand for five slow breaths with your feet planted, and let the urge to be ready for anything settle as you breathe out.

How it grows These two weeks: take three of those breaths just before the morning stand-up.

EACH PRACTICE DAY

Write a few lines in your journal straight after the practice, or later the same day. One entry covers both practices.

AT THE END OF THE TWO WEEKS

A short reflection form, about 10 minutes. Then you start your next practice, or extend this one by a week if you need more time.

Too much? Do the week 1 version again, or ask for a free call with your coach. You can email your coach twice during each practice.

This is an example. Every practice is chosen by the leader's coach for their own work, so no two are the same.

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