



Foundational Leadership Coaching Program: Session 1 – Orientation

This coaching preparation form is optional. It is here to help you organize your thinking before our first session, not to create more work for you. Answer as many or as few questions as feel useful, and write as much or as little as you like.

Our first session is about getting to know each other and understanding what matters most to you in your role. There are no right answers here and no wrong place to start. If you choose to complete this form, you are welcome to send it to Anne (anne@realneurodiverse.com) before your session or simply use it as a personal reference to guide our conversation.

1. What from the videos resonated with you, or surprised you?

2. Think of a recent workplace interaction that felt confusing or stuck. Looking back, do you wonder if neurological differences may have played a role?

3. Describe a situation where you felt uncertain about how to support a colleague or employee whose communication style differed from your own.

4. What does success look like for you at the end of this program?

5. Is there anything specific you want to make sure we address in our work together?