



## **Foundational Leadership Coaching Program: Session 3 – Integration and Forward Vision**

This coaching preparation form is optional. It is here to help you organize your thinking before our final 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 final session is about integration and looking forward. We will reflect on what has shifted for you since we started and set goals for how you continue engaging with neurodiversity in your work long after the pilot ends. If there are things we have not yet had a chance to address, this is a good place to note them so we can make sure to cover them.

If you choose to complete this form, you are welcome to send it to Anne ([anne@realneurodiverse.com](mailto:anne@realneurodiverse.com)) before your session or simply use it as a personal reference to guide our conversation.

**1. Looking back at where you started, what has shifted for you — in your thinking, your approach, or your actual interactions at work?**

**2. The videos in this stage explored how empathy works differently across neurologies. Has understanding the difference between body empathy and emotion-sharing empathy changed the way you interpret anyone's behavior at work?**

**3. Think about a workplace situation involving tension or misunderstanding that you have navigated differently because of what you've learned. What did you do, and how did it go?**

**4. Where do you still feel uncertain or challenged when it comes to navigating neurodiversity at work? What would it take to feel more confident there?**

**5. What specific commitments do you want to make to yourself about how you'll continue engaging with neurodiversity in your role after the pilot ends?**

**6. Is there anything we haven't had a chance to address yet that you'd like to make sure we cover in this session?**