



## **Foundational Leadership Coaching Program: Session 2 – Practical Application**

This coaching preparation form is optional. It is here to help you organize your thinking before our 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 second session is where we dig into real situations. We will focus on translating what you have been learning into constructive problem-solving at work. If there is a specific situation, relationship, or challenge you want to bring to the session, this form is a good place to start developing your thinking about it.

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. Since our first session, have you noticed anything differently in your workplace interactions? Any moments where you recognized something you might have missed before?**

**2. Thinking about your own neurological style, how do you see it showing up in the way you lead and communicate? Are there patterns you've become more aware of?**

**3. Think of a colleague or employee whose communication or working style has felt challenging to navigate. With what you've been learning, do you see that dynamic differently now?**

**4. Accountability is one of the places where neurological differences can create the most friction. Is there a situation involving accountability that you'd like to think through together?**

**5. Where do you feel least confident right now in navigating neurodiversity-related dynamics at work? What would feeling more confident look like in practice?**