



DREAMNUTRIC™

## NEXT STEPS

Guidance on what to bring, how to prepare for the first session, and how to reach out with questions.



# Next STEPS

Congratulations on taking this first step toward growth, self-discovery, and meaningful change! The beginning of a coaching journey is an exciting time, and I'm thrilled to start working with you. This chapter will help you prepare for our first session together and outline some next steps to ensure you feel ready, focused, and confident.

## Preparing for Your First Session

To make the most of our first session, it's helpful to come with an open mind and a clear intention. Here are a few suggestions for preparation:

### Review Your Pre-Session Reflection Worksheet

If you completed the Pre-Session Reflection Worksheet, take a moment to look over your responses. This will help you reconnect with your initial goals, values, and aspirations, creating a solid foundation for our first discussion.

### Identify Key Topics

Think about any specific areas or challenges you'd like to address. If there's something pressing or especially important to you, note it down. This can include anything from career goals to personal development areas you want to focus on.

### Consider Your Hopes and Expectations

Reflect on what you hope to gain from coaching. Whether you're looking for personal growth, clarity, or actionable strategies, knowing what you want to achieve will help guide our work together.



## What to Bring to the First Session

For our first session, you don't need to bring much - just yourself and an open mind. However, here are a few things that might be helpful:

- Your Pre-Session Reflection Worksheet: If completed, bringing this worksheet will allow us to refer to your insights and goals right away.
- SMART Goal Worksheet: If you've practiced setting a SMART goal, feel free to bring that worksheet as well. This will give us a starting point for discussing your goals in more depth.
- Any Questions You Have: Coaching is a collaborative process, so don't hesitate to bring any questions or topics you'd like to discuss regarding the process, expectations, or anything else that's on your mind.

# LOOKING FORWARD

Our coaching journey will be an evolving process, and each session will bring new insights, challenges, and accomplishments. I'm here to support you every step of the way, providing guidance, encouragement, and accountability. By showing up with commitment and openness, you're already setting the stage for meaningful transformation.

If you have any final questions before our first session, feel free to reach out. I look forward to meeting you soon, and I'm excited to embark on this journey together!

“This is the beginning of anything you want. Embrace the path ahead with curiosity, courage, and confidence.”

A woman with white hair, wearing a blue sports top and leggings, is sitting on a stone ledge and holding a blue towel to her face. Next to her, a man with a beard, wearing a light blue t-shirt and green shorts, is also sitting on the ledge. The background is a blurred outdoor setting with trees. A large, semi-transparent circular overlay is centered over the image, containing the text 'SEE YOU SOON!' and contact information.

SEE  
YOU  
SOON!

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