



Breakthrough Coaching Call Template

A simple, high-impact framework to guide powerful coaching sessions — especially when clients bring their own issues or unexpected challenges.

Use this when clients aren't working through a structured program, but instead come to the session with something on their mind or want support in a few focused areas.

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Step 1: Start with Celebration

Ask: "Tell me about something that went well this past week – a win, a small success, or something you're proud of."

Why this matters: Most clients enter coaching focused on what's wrong. Starting with a win shifts their energy toward what's working, creating safety, positivity, and momentum.

Celebration builds confidence, self-worth, and a sense of progress — especially important for clients who tend to be self-critical.

→ Even if it's their first session, celebrate the fact that they showed up.



When a Client Has Had a Tough Week

If your client gets emotional or shares a difficult experience, here's how to respond:

1

Step 1: Empathize

Say gently: *"I'm really sorry. Tell me what's going on."* Hold space with care — but don't let the whole session turn into a story spiral.

2

Step 2: Regain Emotional Control

Once they've expressed their emotions for a few minutes, gently interrupt the pattern.

Try this grounding prompt: *"[Client's name], take a deep breath. Lift your head, roll your shoulders back, and look up at the ceiling. Let's just breathe for a moment together."*

This simple physiological shift helps them reset emotionally and return to a more empowered state.

3

Step 3: Reflect and Reframe

After they've regained composure, acknowledge their strength: *"You've had a tough week, but I want to acknowledge something you did really well..."* Celebrate their resilience or effort — no matter how small — and invite them to recognize it too.



Step 2: Clarify the Desired Outcome

Ask: *"What would you love to walk away with from today's session?"* The goal is to get ultra-clear on what they want to achieve by the end of the session.

A strong coaching outcome is:

1 Positive


Focused on what they *do* want

2 Within Control

Something the client can influence

3 Specific

Bite-sized enough for one session

 If they list too many things, ask: *"What's the number one thing you'd like to focus on today?"* This teaches clients how to prioritize and models healthy boundaries.




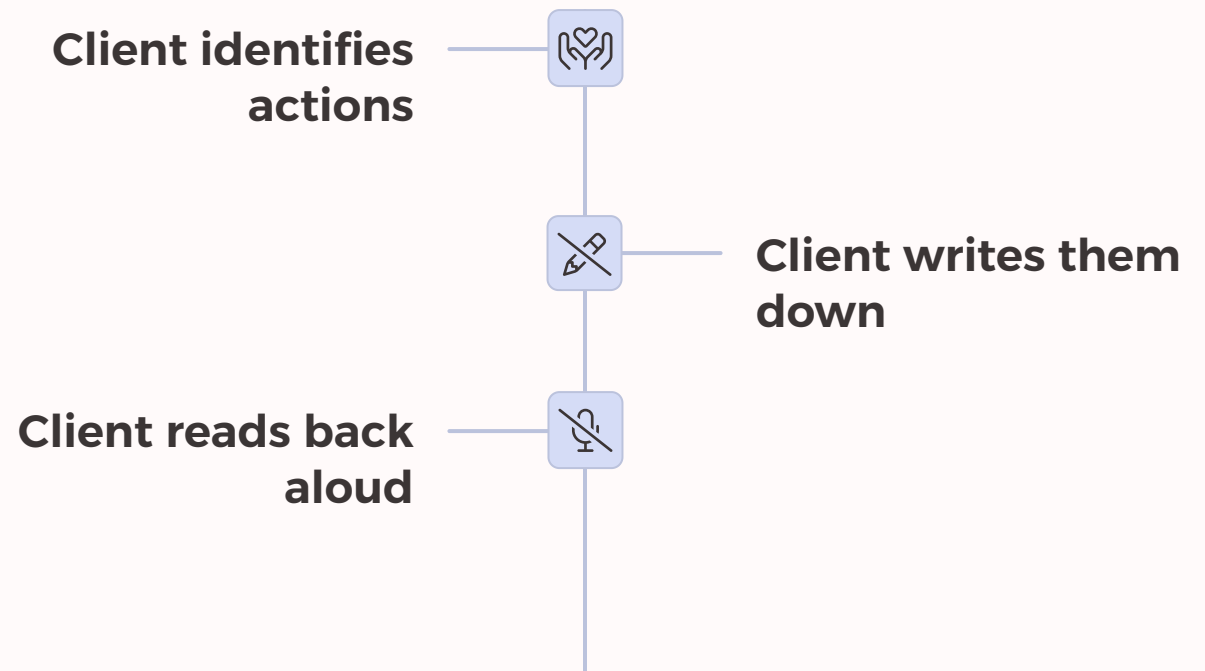
Step 3: Assign 1-3 Action Steps

Every session should end with clear, aligned action steps that move the client forward.

Ask: *"What's 1-3 things you can do this week to move closer to your goal?"*

Accountability is one of the most powerful elements of coaching. Don't skip this part.

 *Have the client write it down and read it back to you.* This confirms understanding and deepens commitment.





Step 4: Confirm & Close

Before ending the session, ask: *"Can you quickly run through your action steps for this week so we're fully aligned?"*

Once confirmed, end the session on a positive, encouraging note.

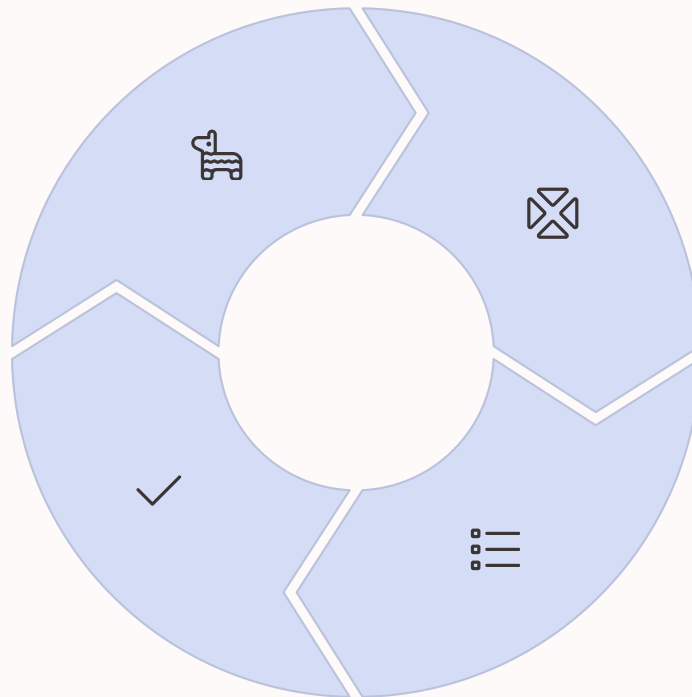
Congratulations — you just guided a structured, empowering coaching session!

Start with Celebration

Begin with wins and successes

Confirm & Close

Ensure alignment and end positively



Clarify Outcomes

Define specific session goals

Assign Action Steps

Create 1-3 clear next moves



Take Your Coaching Practice to the Next Level

Imagine having an entire vault of coaching sessions — ready to go — for confidence, mindset, emotional blocks, self-trust, goals, and more.

Whether your client feels stuck, lost, overwhelmed, or unsure of their next move...

👉 **You'll have a session plan for it.**

6 Themed Plug-n-Play Blueprints

6 plug-and-play session blueprints with step-by-step instructions, scripts, exercises, visualizations and more...everything you need to deliver breakthrough coaching sessions

Save Hours of Preparation

Done-for-You Client Worksheets so you don't have to waste time creating client resources

Themed Blueprint Topics

- ✅ **The Life Clarity Session** – Get your client unstuck and clear on what's next
- ✅ **The Self-Sabotage Breakthrough** – Identify hidden patterns & rewire limiting beliefs
- ✅ **The Confidence Activation** – Help your client reconnect with their power
- ✅ **The Vision & Values Session** – Create direction rooted in purpose
- ✅ **The Emotional Reset Session** – Release overwhelm & emotional buildup
- ✅ **The Boundaries & Empowerment Session** – Guide your client to reclaim their voice

[Click here to get all the juicy details!](#)