



“Getting to Know You” Follow-Up Exercise

You have completed your first workshop together with your coach. You may wonder what you should talk about or work on with your coach while in the early stages of building a relationship together. It's natural to be a little nervous. Here are some ideas for getting the conversation started:

- Tell your coach about yourself. Share what you're comfortable sharing. Find things that you have in common.
- Ask your coach to tell you about herself.
- Talk about your plans for the future. What do you hope to get out of the Women's Money Matters program? What would you like to be doing a year or two from now? (This can lead to a conversation about setting financial and other personal goals.)
- Revisit the goal setting worksheet from the workshop. Try to complete the worksheet. Now is the time to adjust the goal if you would like to. You can also get a new copy of the goal-setting worksheet from the Program Lead if you need one. Looking at the list of action items, choose something you would like to work on over the next two weeks.
- Ask yourself what motivates you to accomplish your goals and why. What do you think you will need the most help with to achieve your goals? How can you work together to help keep you on track?
- Talk about your next meeting together and how you will keep in touch.