

Contracting: STOKERS Checklist

Subject:

What do we need to think about today?

Time

Given we have *X* minutes, what about that do we need to focus on?

Outcome

What would you like to be different by the end of our time?

Know

How will you know you have got what you need out of this time?

Energy

Why is this goal important to me now?

Role

How are we going to do this?

Start

Where shall we start?
