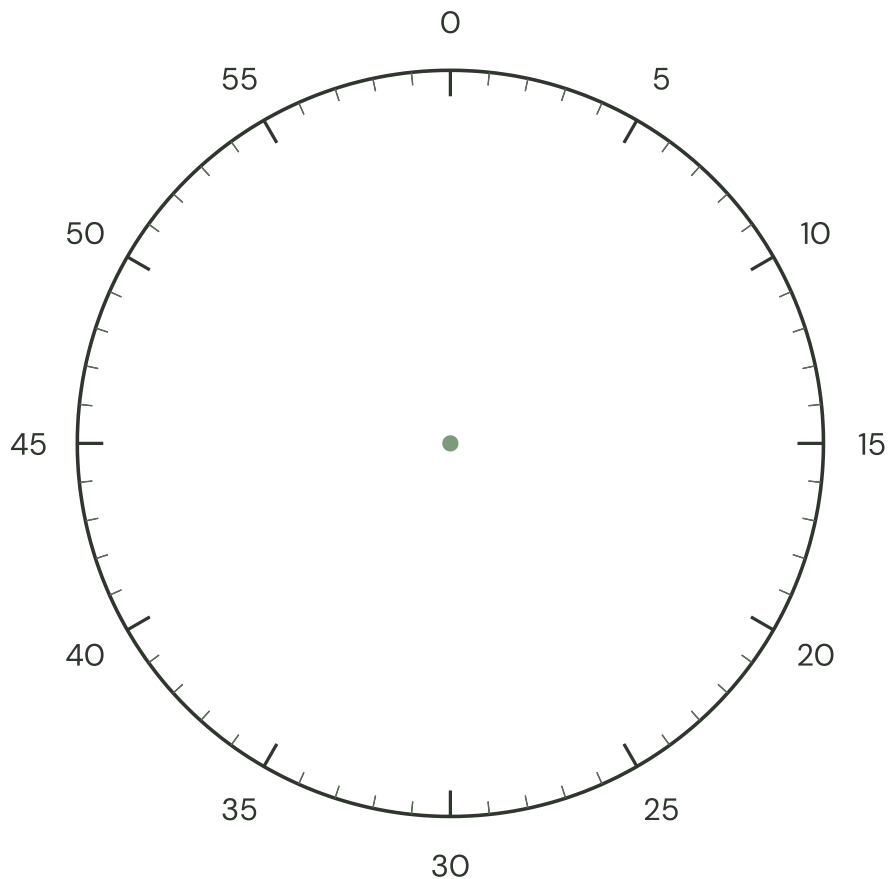


The Session Clock

Plan the hour your way. The dial counts session minutes, not time of day.

S



Your stages

- | | |
|--|-----------|
| ☐ Arrive and check in | _____ min |
| ☐ Agree on the focus | _____ min |
| ☐ Explore | _____ min |
| ☐ Turn insight into action | _____ min |
| ☐ Close | _____ min |
| ☐ _____ | _____ min |
| ☐ _____ | _____ min |

Shorter sessions

Running 30 or 45 minutes? Use half or three-quarters of the dial.

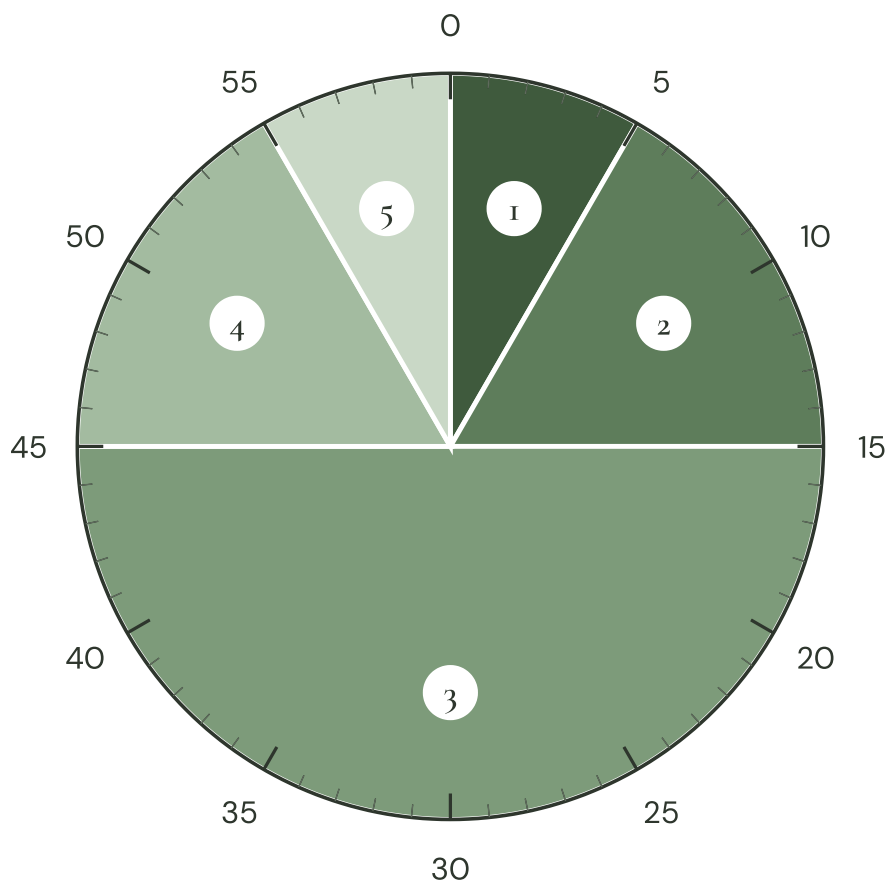
Use it again

Laminate this page or slip it into a sheet protector, and plan each client with a dry-erase marker.

A Sample 60-Minute Session

One way to divide the hour. A starting point, not a standard.

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The arc of the session

1	Arrive and check in	0–5	5 min
2	Agree on the focus	5–15	10 min
3	Explore	15–45	30 min
4	Turn insight into action	45–55	10 min
5	Close	55–60	5 min

Real sessions rarely move in a straight line. If the conversation drifts, name it and let the client choose the direction. What matters is that each stage happens.