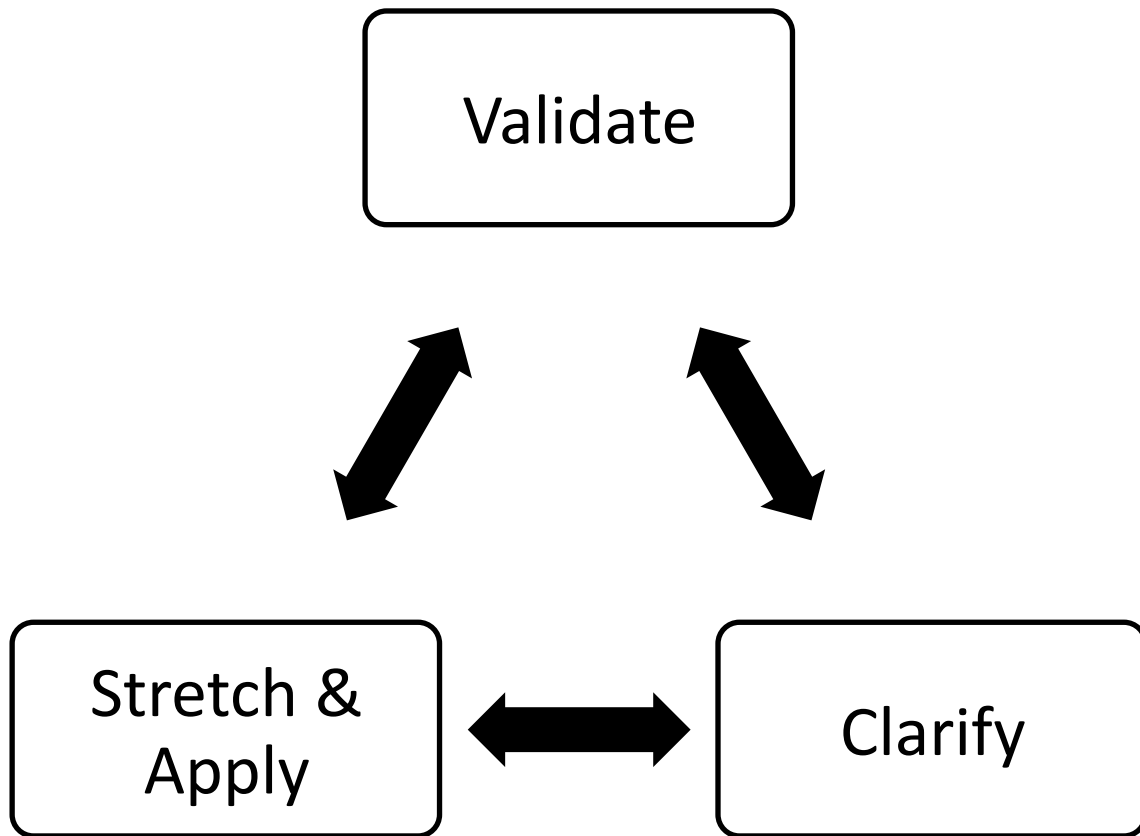


## Coaching Dialogue Protocol



- Validate – acknowledge effort and specific work, empower the mentee, demonstrate an understanding of thoughts and emotions
- Clarify – deepen understanding, eliminate confusion, encourage reflection
- Stretch & Apply – move practice forward and establish commitment to next steps

**Pause. Paraphrase. Ask a Question.**