

A misty forest landscape with tall evergreen trees and a dense canopy of green foliage. The scene is hazy, with soft light filtering through the trees, creating a serene and atmospheric setting. The text "warm-up" is centered in the middle of the image in a white, serif font.

warm-up



Hello!

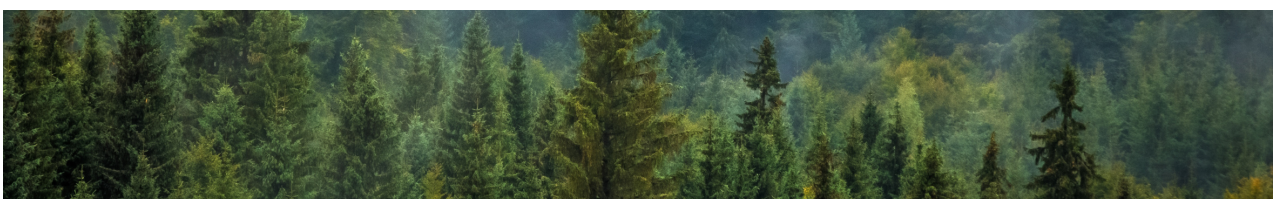
I prepared this short workbook having a Warm Up in mind. I thought it might give you a glimpse of how this meeting may go. Sometimes it is good to know what lies ahead - it is easier to be a bit more comfortable with what is new, to have some known spaces in the unexpected.

Feel free to print it and use it as an additional resource during our meeting - it may be a way to structure some thoughts or to make notes. It will also give you a bit of an overview of the meeting plan and a heads-up when it comes to certain questions I might ask. Who knows - maybe what is inside will end up being helpful to you in other settings, too?

Please keep in mind that what is inside the book is not binding - in the end, every conversation happens in the present moment, it flows and is constantly shaped by people present.

I wish you all the best!

Ania



What got you interested in meeting with me?

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What makes now a good time to do it?

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How will you know that this was time well spent?

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# first step

What would you like to do next?

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What do you want to do in the next days?

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Which of the above is most possible?

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What/who can help you?

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What/who can disturb/stop you?

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What will happen if you won't be able to do it?

You will learn from it

WEEK OF \_\_\_\_\_

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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