

SOAR

A Forté Coaching Framework



The role of the peer coach is not to offer solutions but to ask guiding questions, help you clarify your vision and next steps, and then hold you accountable. This framework is designed to help you soar toward your goals.



S

SITUATION

What is your current situation?

What do you want to change?
Be as specific as possible.

What is your current mindset as it relates to this goal?

What will success look like for you?



O

OBSTACLES

What's holding you back from this goal?

Do you need more time, more information, or more money?

Is anyone preventing you from achieving this goal?

Are you struggling with self-doubt or imposter syndrome?



A

ACTIONS

What have you tried already?

What haven't you tried yet?

Is there someone in your network who may have insights?

What specific actions will you commit to taking – and when?



R

RESILIENCE

What will keep you going as further challenges arise?

What can you do to feel more confident around this goal?

What makes you doubt yourself – and how can you avoid that?

How can you hold yourself accountable (with your coach's support)?