

## WORKSHEET: Preparing for the Session

- Use the restroom if needed
- Grab your notepad and pen for the upcoming session
- Bring your glass of water or tea
- Stand inside your office or next to your desk if virtual
- Take three slow deep breaths to center yourself
- Imagine the clients in your office or on your screen
- Picture the couple calm, relaxed and connected
- Check the environment around you, check background for camera
- Check for privacy visual and sound
- If virtual, check picture, sound, internet strength
- Review your notes from previous session
- Greet your clients warmly