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**Getting to Know Your Advocates**

Regular, warm conversations that start with check-ins about the advocate’s life and wellbeing make good groundwork for a coaching relationship. Take the time to get to know your advocates on a personal level, and to let them get to know you as a person beyond the role of a coach. Here are some questions to help get you started:

**Personality**

• What makes them feel accomplished?

• What kind of recognition do they like to receive?

• Are they an introvert or an extrovert?

• What do they like most about themselves?

• What do they want to share?

**Emotions**

• What is most rewarding in their lives right now?

• What is most challenging in their lives right now?

• What brings them happiness, and what brings them sadness?

• What are the main emotions they bring to their CASA work?

**Community**

• What kind of family, friend or community support do they have?

• What kind of community were they raised in?

• What kind of people do they feel most comfortable with?

• Who can they bring in to join them in volunteering?

• What are they most proud of?

**Self-Care**

• What are their best self-care strategies?

• What kinds of music, books, movies, TV or sports do they like?

• What are their favorite foods and recreational activities?

• How do they recharge?