

Update: 18.09.2026

twinspire

PITSTOP COACHING

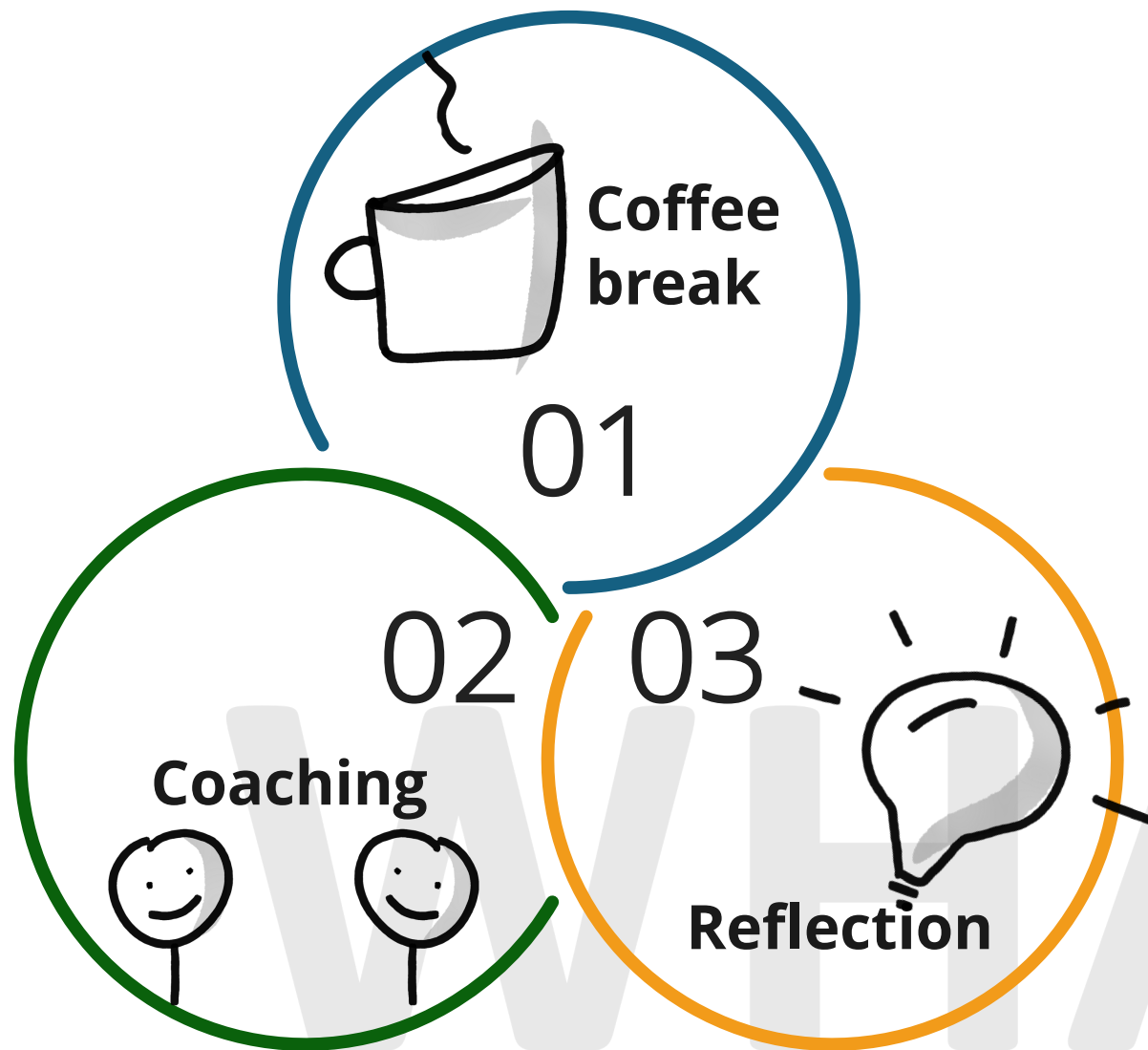
PITSTOP COACHING

We believe you don't always need a long journey to get moving again. Sometimes a short, focused stop is enough.

That's why at every PitStop, we look closely at what you really need right now. Sometimes it's a coffee break. Sometimes it's a coaching conversation. Sometimes it's just a moment to pause and reflect. We focus on you as a person, not a general plan.

This way, you get back on track quickly, with new clarity and new energy, without losing sight of the bigger picture.

WHY



Coffee break

Casual openers

- So, how's it going?
- Got a minute for a coffee?
- What's new with you?
- How's your week been so far?

Casual but with depth

- What are you working on that you're enjoying right now?
- Anything on your mind lately?
- What's been a highlight of your day so far?



**Coffee
break**



Solution-Focused Coaching

Solution-focused coaching does not look at the cause of a problem. Instead, it looks at what is already working. Then it builds the next steps on that.



Compass

✗ Current Status

● Goal



Compass (Questions)

Step 1: Where You Are – Find your spot on the scale.

- Where are you right now on a scale from 0 (start) to 10 (goal)?

Step 2: Your Goal – Decide what number you want to reach.

- Where do you want to go?
- What is your goal?

Step 3: Make It Clear – Describe what your goal really looks like.

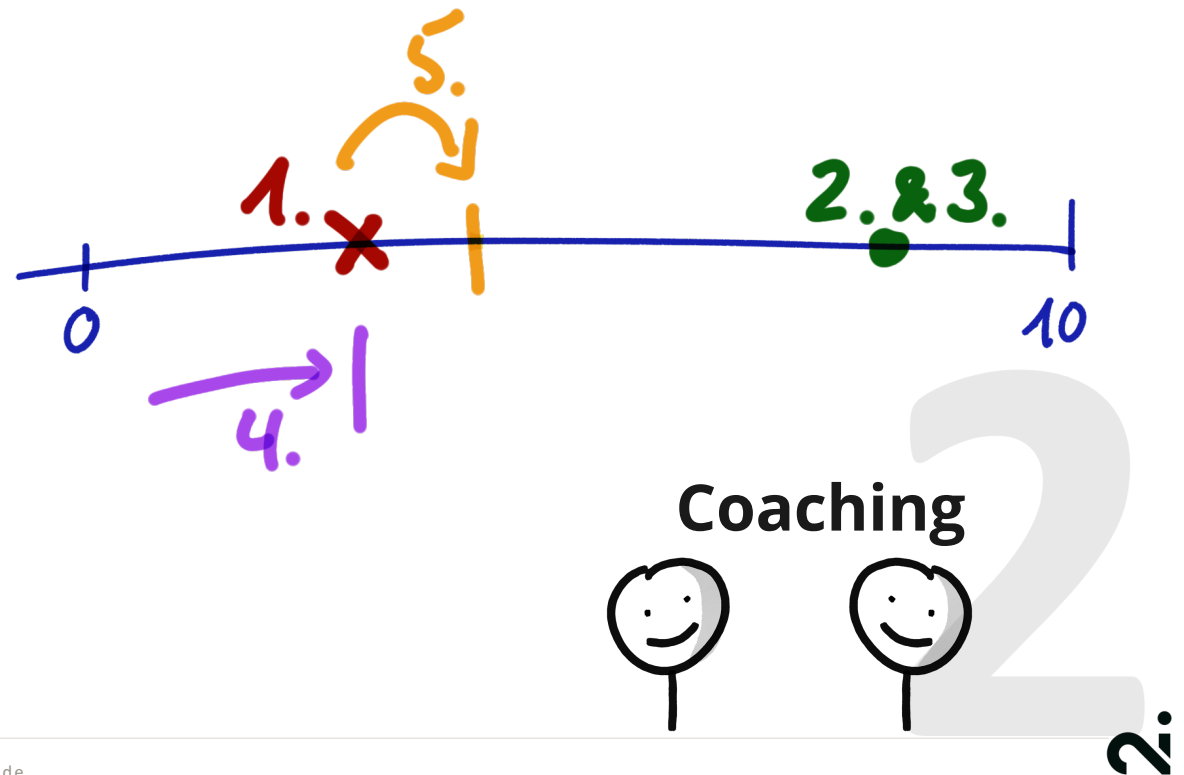
- What will be different at your goal, compared to now?
- How will you know you reached your goal?
- What will become possible because of this?

Step 4: Your Experience – Think about what already helped you.

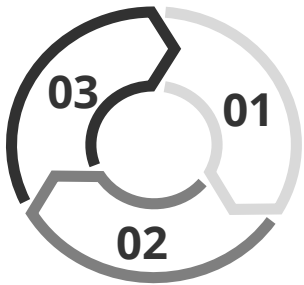
- How did you get this far?
- What did you do to get here?

Step 5: Your Next Step – Plan the next small move forward.

- How will you know you moved one step forward?
- What else will show you that?
- What else?
- What will you have done to make this happen?



Mini Retro



- 01. Reflection (3 min)
- 02. Inspect (5 min)
- 03. Adapt (7 min)

START

STOP

CONTINUE



Reflection