

Personal AI Coaching

15-minute welcome call | 60-minute coaching session on Google Meet

Start wherever you are. You do not need technical experience or a perfect question. We will work at your pace and practice with things that matter to your work or everyday life.

What happens next

Your booking confirms a complimentary 15-minute welcome call and your coaching purchase. The invitation includes its Google Meet link. Complete the short questionnaire and, if you like, suggest times for your first full hour. After we talk, we will send you a separate booking link for that session. A three-session package includes two more hours that we arrange together.

Before our welcome call

Bring one goal or a task you want to make easier. There is no homework to finish before our first hello.

Before your coaching session

- Bring a laptop, a reliable internet connection, and your calendar invitation. Check that your microphone works before joining.
- Sign in to an AI assistant you already use, or create a free account. A free account is fine for the introductory exercises.
- Choose two or three things you would like to make easier: writing an email, outlining a plan, comparing options, or understanding a document.
- Bring a short fictional or non-sensitive example. Keep passwords, private customer information, and confidential documents out of prompts.

In your full coaching session

We will compare how assistants respond, add useful context to prompts, and refine answers together. You will practice three relevant tasks and learn when to check an answer against a reliable source.

What you will take with you

Leave with three reusable prompts, a practical tool reference, and a next-step plan. The goal is confidence you can keep building on after the call.

Need help preparing or finding your invitation? Contact us through the AI Learning page.

[Visit Coastal Dev AI Learning >](#)