



CLIENT INFORMATION

Date:

Name:

Session #: ___ / ___



Coaching Session PREP

To get the most out of each of our sessions together, take a quiet moment to answer the following. Kindly email these back to me 24-48 hours before our next session.

Remind yourself of your top three long-term coaching goals. Have they changed or do they need to?

1-

2-

3-

1- What productive actions did you take to move you towards your goals?

2- What unexpected accomplishment or useful surprise occurred since last session?

3- What feelings, breakthroughs, insights or changes in belief have you had since our last session? What changed for you?

4- What is your focus for our next session? Set a coaching goal.

5- What are you ready to let go of this time?

Additional Comments?