THE DS COACHING & CONSULTING GROUP – COACHING PREP FORM

1.	What have I accomplished since our last coaching call? (What are my wins?)
2.	What didn't I get done that I intended to do?
3.	What challenges and problems am I facing now?
4.	What are the opportunities available to me right now?
5.	I want to use the coaching session to:
6.	Any new insights and awareness that excites me: