



Coaching Session Prep Form

As you prepare for our next time together, please take a few moments to reflect on each of the following questions in light of the goals and hopes you have established for coaching.

1. What have you been able to accomplish since our last session? Is there any specific progress or growth you'd like to celebrate?

2. What insights have you gained about yourself ("aha" moments)?

3. What struggles, challenges or obstacles have you experienced? What are some possible options that could help navigate these challenges?

4. What would you like to focus on during our time together?