

# COACHING PRE-SESSION FORM

To get the best results from our sessions, please complete this pre-session form and send to me 24 hours before our session.

Name

Email

How did you feel about our last session?

What insights did you gain in our last session?

Are the goals you're working on still relevant or will you need to revise them?

What SMART actions did you commit to during our last session?

What actions have you taken since the session?

What positive outcomes or opportunities did you experience as a result of these actions?

What challenges did you face?

What would you like the outcomes of our next session to be?

# PRE-SESSION FORM

Name

Date of birth

Tell me a little about yourself.

On a scale of 1 - 10, how content are you with your life currently?

1	2	3	4	5	6	7	8	9	10
Not satisfied								Very satisfied	

What do you expect from your time working with a coach?

How would you like to feel at the end of our coaching sessions?

What would you like to achieve in your coaching sessions with me?

Select one or more from the list below.

- |  |  |
|--|--|
| <input type="checkbox"/> Manage stress                   | <input type="checkbox"/> Improve my self-esteem            |
| <input type="checkbox"/> Gain a work/life balance        | <input type="checkbox"/> Become more confident             |
| <input type="checkbox"/> Learn to deal with feelings     | <input type="checkbox"/> Be more motivated                 |
| <input type="checkbox"/> Understand what motivates me    | <input type="checkbox"/> Overcome tiredness and exhaustion |
| <input type="checkbox"/> Identify goals and action steps | <input type="checkbox"/> Become more productive            |
| <input type="checkbox"/> Learn about who I am            | <input type="checkbox"/> Get support and encouragement     |
| <input type="checkbox"/> Improve my communication        | <input type="checkbox"/> Other                             |

Is there anything else you'd like to share with me before we start working together?