

Preparing for Your Coaching Session

(to be used after your initial intake session)

Preparing for your coaching session will help you maximize the benefit of the time we spend working together.

Name _____

Date and Time of
Next Coaching Appointment _____
Since our last session:

What steps/actions did I take toward the goals I have set?

What worked well?

What were my challenges?

Are the goals I have set appropriate? Do I need to change/modify them?

What else do I need to report?

What am I learning about myself?

What might be some natural next steps for me?

Please e mail (barbaralifecoaching@gmail.com) or fax(907-694-8890) this form to Barbara 24 hours before your coaching appointment.