



Coaching 4 Life - client session outline

Name:

Date:

Preparing for the coaching session will allow you to optimise your results and use of our time together. Please complete this form as best you can and return it to me before our next session. Your honest feedback about the call, as well as your own input on where you are with your development, will ensure you get the focus you require within each call.

Remember - taking time to clarify and affirm any concerns or breakthroughs will be an important element in moving forward in all those areas of your life that you bring to the coaching environment.

1. How am I, today, right now? How has my week been?
2. What action(s) did I take since our last call? What were my wins/challenges? Are any actions not done or incomplete from the last coaching session? I will complete these by:
3. I may have allowed myself to be blocked or stopped this week by...?
4. What do I want to get out of our coming session?
5. What value did I get from our last session? Is there anything I would have like more or less of?
6. Do I feel there's a particular clarification or deeper issue that I would like to spend any time going through on the coming on the coming call?
7. Three things in my life right now that I am grateful for are (at least one should be different from previous weeks)
8. Anything else that you wish to add?