

COACHING PREPARATION FORM

Preparing for our sessions will enhance our results and focus our time together.
Please email your responses 24 hrs prior to each coaching session.

Date: _____

1. How am I, right now? How has my week been? (1 – 10, with 10 being fantastic)
2. What do I want to get out of our session today?
3. What action did I take since our last session? What were my wins and challenges?
4. What issues do I want to deepen during our session? What are the challenges, concerns, achievements or areas of learning to be addressed?
5. Debrief last week's inquiry/assignment(s).
6. What am I grateful for this week?
7. What else?

