

Coaching Session Preparation Form

Today's Date: _____

Preparing for the coaching session will allow you to make the most of our time together. Before the session, you may wish to answer the following questions:

1. How am I, today, right now? How has my week been?
2. What do I want to get out of the call today?
3. What action did I take since our last session? What were my wins/challenges?
4. What do I have to report? What do I want to be held accountable for?
5. What issues do I want to explore more deeply on our call today? What are the challenges, concerns, achievements, or areas of learning to be addressed?
6. Debrief of last week's inquiry:
7. Anything else?