

Coaching Preparation Form

Name _____ Date _____

Preparing for the coaching session will allow you to optimize your results and our time together. Before the session, you may wish to answer the following questions. E-mail your answers to me if you can.

1. How am I, today, right now? How has my week been?
2. What do I want to get out of the session 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 deepen during our session today? What are the challenges, concerns, achievements, or areas of learning to be addressed?
6. What value did you find in last week's session notes?
7. What else?