

Olympia Salon Inc and Life Coaching

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Coaching Session Preparation Form (FOR THE CLIENT)

This form is designed to help prepare yourself (and your coach) to get the most out of your time coaching with them during your next coaching session. **INSTRUCTIONS:** Set aside some time a few days before your next session to complete this form. What would you like to focus on? What have you done/accomplished since your last session? What would you like to talk about during your next coaching session. When you're done, please eMail this completed document to olympiasalon@yahoo.com, mail to the address found in the header of this page, or deliver in person within 48 hours prior to EACH session for review.

What came up this past week that helped, paused, or stopped progress towards your goal?

If there were accomplishments or positive advancements, since your last session, what were they?

If there were any delays, roadblocks, or other impediments in achieving your (short-term / long-term) goals, what were they and how did they make you feel? What will you do about them?

What workarounds or alternative plans do you have in mind to help move you forward still?

What action steps are you committed to doing before our next session?

How are you feeling (regarding your goals, progress, plan, etc.)?

Is there anything else you would like me to know?

What do you (really) want to get out of this upcoming session?

What would you like to achieve by the next session following this one?