

Olympia Life Coach Center

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Coaching Period Summary Form (FOR THE CLIENT)

USE THIS FORM to help recap how your coaching session(s) went with your coach during the entire time you spent coaching with them.

1. What specifically have you achieved during the period of time you coached with Tina-Marie?
2. What specifically have you learned to do DIFFERENTLY as a result of your coaching with Tina-Marie?
3. What limiting beliefs have you let go of since coaching with Tina-Marie?
4. What positive new beliefs do you have since coaching with Tina-Marie?
5. What specifically have you learned about yourself with the help of coaching?
6. How is your life different now as a result of coaching?
7. What have you learned from being coached, or during the whole coaching period, that you will carry forwards throughout life?
8. What has been the best part of coaching with Tina-Marie?
9. Since you started getting coached, what are some of the best things about your life that you really appreciate?

10. In 3 words, how would you best describe your coaching sessions with Tina-Marie?

11. What surprised you about coaching? Any new discoveries about yourself or how you see others or how to go about reaching a desired goal?

12. Is there anything you know now, that jumps out, that you didn't know before coaching?

13. Specifically, did you find anything you were coached on to be challenging? What was it and why was it challenging?

14. Specifically, did you find anything satisfying during the coaching period? Explain.

15. Did you face any difficulties during the coaching period? How did you overcome them?

16. Based on your experience being coached, would you be open to being coached again? By the same coach or a different coach?

17. Any other reflections, feedback or thoughts about the period you were coached?

COACHING PERIOD SUMMARY FORM

FOR THE COACH, recap how your coaching session(s) went with your coach during the entire time you spent coaching with them.

CLIENT NAME: _____ PACKAGE: _____
SESSION PERIOD FROM: ___ / ___ / ___ TO ___ / ___ / ___
SESSION START TIME: ___ : ___ AM / PM END TIME: ___ : ___ AM / PM

1. What did you help your client achieved during the period of time you coached them?
2. What have you learned to do DIFFERENTLY coaching this client that you might not have done with another client?
3. What limiting beliefs did you help your client overcome, if any?
4. What positive new beliefs do you have about your own coaching process having coached this client?
5. What specifically have you learned about yourself having coached this client?
6. What new coaching skill, tool, approach, or something you said, that you learned having coached this client?
7. What have you learned from coaching this client that you will carry forward into coaching other clients?
8. What has been the best part of coaching with this client?
9. Since you have coached this client, what are some of the best things about your own life that you appreciate more having had time to look into the lives of others, namely your client(s)?

10. In 3 words, how would you best describe your coaching sessions with this client?

11. What surprised you about coaching this client or the coaching process in general? Any new discoveries about yourself, a coaching method, or how you go about coaching someone to reaching their desired goal?

12. Is there anything you know now, that jumps out, that you didn't know before coaching?

13. Specifically, did you find anything about coaching this client to be challenging to yourself? What was it and why was it challenging? How did you overcome the challenge?

14. Specifically, did you find anything satisfying during the period of coaching this client?

15. Did you face any difficulties yourself during the coaching period coaching this client? How did you address them or overcome them?

16. Based on your experience coaching a client like this one, would you coach someone with a similar desire to achieve what this client wanted, or what did you learn that might cause you to not coach clients like this one?

17. Any other reflections, feedback or thoughts about this particular coaching client, how you coached them, how they received your coaching?