

Coaching Session Prep Form

Please use this form to prepare for your coaching sessions and fax/email it to your coach before each session.

1. What have been the wins for you in the past week?

- ☐
- ☐
- ☐
- ☐
- ☐

2. the opportunity for growth or evolution?

- ☐
- ☐
- ☐

3. What would you like to accomplish in the next week regarding the goals you set for coaching? What can we talk about during our call to move you toward those goals?

Goal #1:
Discussion Focus:

Goal #2:
Discussion Focus:

Goal #3:
Discussion Focus:

4.

- ☐
- ☐
- ☐
- ☐

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