



Coaching Prep Form

Name _____

Date: _____

In order to make the best use of our time together, it is most valuable for you to set the agenda for our sessions so that the focus will be on what is important to you right now. Your responses can relate to an agenda we are working through or to situations that have come up since our last call. Please email this to me prior to each session.

1. I want to use my coach during this visit to discuss:

2. Accomplishments this week:

3. Insights, choices, decisions since our last visit:

4. What I didn't get done that I intended to do:

5. Challenges I am facing:

6. New opportunities open to me: