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Coaching Session Prep Form

Client Name _____

Date _____

1. How am I right now? How have the past few days been?
2. What benefits do I want from my coaching session today?
3. What have I done related to my coaching agenda since last week?
4. What do I want to be held accountable about?
5. What issues, challenges or questions do I want to explore this week?
6. What are the results of last week's homework?
7. What else do I want to bring up?