

Coach Session Preparation Form

Your decision to seek coaching says that you are ready and willing to make important changes in your life. In order for you to get the most out of each session, it is helpful for you to document what you have completed during the week, what new issues have arisen, or share some other pertinent details. As a result, we can begin our session right away without playing "catch-up" from the previous week. I like to move quickly and prefer not to waste our valuable time together. With this form completed prior to each session, we can hit the ground running. Complete this form and email it to me no later than 8 am on the day of our appointment. You can e-mail your answers to me at info@YourPathToWholeness.net

If there is some way you wish to modify this form to more closely fit your needs, let me know — I'm willing to be flexible. Please understand filling in a weekly prep form will result in a more focused coaching sessions and increased effectiveness of coaching since I will be prepared in advance to assist you. A side benefit of regular use of the prep form is that you will be able to see your own progress and will be confident that your continued investment in coaching is a wise one.

Have a great week!
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NAME:

DATE:

1. What have you done since our last session of which you are most proud (how have you stretched, what good news would you like to share)?
2. What have you not yet accomplished that you wanted to and why not? (Give yourself permission to say, "It's ok. Tomorrow is another day." But we are working on accountability & we want you to reach your goals.)
3. Take some time to consider the following areas of your life:
 - *relationships
 - *money
 - *career
 - *opportunities
 - *leisure
 - *happiness
 - *environment
 - *physical health
 - *spirituality
 - *physical appearance

Which area would you most like to focus on during our time together this week and what would you like me to know about the situation or your goals in this area prior to our session? (If you have multiple areas to address, please prioritize them so that we can focus our time accordingly.)

4. What resources are you currently using to help you reach your goals? List any books, websites, classes, etc. Be sure to include the most important lessons you've learned from each resource.
5. Is there anything you would like to commit to in the coming week that you would like me to keep you accountable to? Anywhere you have been feeling stuck that you are committing to make progress?
6. Is there anything else you need me to know before we talk or any additional support that you need from me at this time?
7. After our upcoming session has ended, what would you like to have accomplished?