

Coaching Call Preparation Sheet

This prep sheet is intended to help you focus your thoughts so that you can get the most out of your coaching experience. Your responses can be for your eyes only, or you can choose to send them to me before our time together.

What has changed since our last call? (These changes could be in circumstances, or they could be results you're seeing from implementing your action steps.)

Call to mind your overall goals for coaching. What aspect is most pressing or do you have the most energy for right now?

Given the above, what would you like to focus on during our next coaching call?

What do you hope to take away from the call?

