

Coaching call reflection form

Use the questions below to lock in your learning and intentions from our coaching session. It is your choice whether or not to share your responses with me.

What insight did you gain in the coaching call that you would like to retain?

What action steps did you design for yourself?

What accountability (e.g., support, designated time, deadlines) do you need to carry out those steps?

What do you want me to follow up on in our next coaching call?

How do your takeaways from today's coaching call move you further toward your overall goal(s) for coaching?

