



## *Coaching Call Prep Form*

Name \_\_\_\_\_ For session date \_\_\_\_\_

Instructions: To get the most out of your sessions, it is sometimes helpful to reflect on where you are generally, or perhaps what progress you have made (or have had difficulty making) with previously defined actions. This form will help you to organize your thoughts and make the most of your coaching session. Fill out whatever seems relevant; it will not be graded.

How am I today, right now? How has my week been?

What actions did I take since our last session? What were my wins/challenges?

What issues do I want to deepen on our call today?

I seem to be struggling with:

I want to use the coach during the call to:

My goals to accomplish by the next call are: