



Coaching Session Preparation

Preparing for the coaching session will allow you to optimize your results and our time together. Before our meeting, think through the following questions so you will be prepared to have a great session!

Rate yourself (1 – 10, with 10 excellent)

Career _____ Health _____ Relationships _____ Finances _____ Spiritual _____

1. How are you doing? Any significant business or personal events?
2. What do you want to get out of the coaching session today?
3. What action did you take since our last session? What were your wins/challenges?
4. How are you doing with meeting your goals? Need any help?
5. What issues do you want to deepen on our coaching session today? What are the challenges, concerns, achievements, or areas of learning to be addressed?
6. What have you done that is fun, new, unique or otherwise exciting in the last month?
7. Anything else?

Talk with you soon! Best, Don