

Coaching Session Prep Form

Instructions: Before our next coaching session, please respond to each of the following questions. This will help you to get the most out of our call. I suggest you save this as a master, and work from copies each week. When you have completed this, please e-mail it to me at CentaurTN@comcast.net prior to our session. It will expedite our work and help me to work with you in the best way possible.

1. What I accomplished since our last call: (My Wins!)

2. What I didn't get done, but intended to do:

3. The opportunities that are available to me right now:

4. The obstacles I am facing now:

5. I want to use my coach during the session to:

6. What I agree/promise to do by the next session:

7. Anything else that I want to discuss:

