



GOAL GENERATING SESSION

Coachee Name :

Date:

DISCOVER

Potential goal areas

1.

2.

3.

UNDERSTAND

Current situation summary

Work

Other

GOAL GENERATING SESSION

Coachee Name :

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DEFINE

Defined goals

1.

2.

3.

ESTABLISH ACCOUNTABILITIES

Vision for each goal

1.

2.

3.

Plan for each goal

1.

2.

3.

Initial actions

1.

2.

3.

4.

5.

GOAL GENERATING SESSION

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What are some of your healthy sources of energy?

What are some of your unhealthy sources of energy?

What does success mean to you?

What concerns and/or challenges have taken most of your attention during the past year?

Why is this the right time in your life to start a coaching relationship?

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How will you know how effective your coaching has been?

What might prevent you from making the most of our coaching relationship?

What else would you like me to know? Concerns? Special requests