



COACHING SESSION PREPARATION

You'll get the most out of your coaching session by preparing for it. Please complete this form and email it to me at poyntonk@iinet.net.au no later than the day before your coaching session.

Coachee Name :

Date:

What insights or new awareness(es) have you had since our last session?

What have you accomplished or learned since our last session?

What didn't you accomplish, but intend to?

What challenges or problems are you facing now?

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Coachee Name :

Date:

What challenges or problems are you facing now? (personal and professional)

What opportunities are available to you now? (personal and professional)

What would you like to explore in your next coaching session?

Anything else?
