



"Reduce your plan to writing. The moment you complete this, you will have definitely given concrete form to the intangible desire."

- Napoleon Hill

COACHING PREP FORM

GET THE MOST OUT OF YOUR COACHING EXPERIENCE

ENJOY IT! This is one of the few times that it is all about you. You have my full attention. I am trained to really hear not only what is in your head, but also your heart. Without undermining the serious nature of your dilemma, there will be lightness and laughter on the calls. Working with your coach can be something you will look forward to.

BE READY! One way to get the most of your coaching session is a personal 'debrief'. Write down your experience-identify what you hope to achieve and acknowledge the strides you have been making. Please email the completed form to me no later than 24 hours before our call. On those days when you feel frazzled or not ready for the call, show up anyway, it can be very valuable in dealing with tension.

BE REALISTIC. Some coaching sessions will have those "a-ha" moments that help you turn corners, some provoke new ideas and creative action, and some will simply be times where the above does not apply, but are just part of the overall process. Be okay with that.

KNOW THE POTENTIAL. Each call lasts between 30 - 45 minutes (depending on our agreed duration), but you may reflect on it all week. If you don't have a focus or passion right now, we will work on that!

MY ACCOMPLISHMENTS AND INSIGHTS GAINED SINCE OUR LAST CALL

THE CHALLENGES AND HURDLES I AM CURRENTLY EXPERIENCING

MY DECLARATIONS OR PROGRESSIVE BEHAVIOR PRACTICED THIS WEEK

DURING THIS CALL, I WANT TO FOCUS ON

Client's name _____
First Name Last Name

Date _____
(mm/dd/yyyy)