

Example
Coaching Session
Preparation Summary

Coaching Session Preparation Summary

Date: _____

Coach: _____

Session #: _____

Three Goals Identified in the Previous Session

Goal #1: _____

Goal #2: _____

Goal #3: _____

What Worked?

Goal #1: _____

Goal #2: _____

Goal #3: _____

What Didn't?

Goal #1: _____

Goal #2: _____

Goal #3: _____

What would I like to discuss at our next session?
