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# Pre-Coaching Preparation Report

Preparing for each coaching session will allow you to optimize your results and out time together. Prior to each session, please answer the following questions for your own focus and for our direction. “Coaching is client driven and coach supported.”

This form needs to be submitted by 5 pm on the evening prior to your session day to allow your coach time to review, prepare and research if necessary. Either submit this form by email, majestictalks@gmail.com.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time and Date of next coaching session\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What actions did I take since our last session?

What were my accomplishments?

What were my challenges?

How am I today, right now? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How has my week been?

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What progress have I made towards immediate goals or primary focus?

What do I want to get out of the call this week? What is my focus?

What else do I want to tell you?

Please sign and date (or if electronic form, type your name and today’s date as signature)

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Signature of Client, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date

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