Coaching session prep

In order to maximise the benefits gained from your 30-minute one-on-one session, we would like you to email your goal ideas to your coach in advance of your session. As prep for that, please write out your goals in the following table: Make sure you outline the overall objective of the goal, what you are specifically going to work on, what you visualise as the outcome, what you are going to use, what measurement you have considered, and identify the practice grounds you will use.



|  |
| --- |
| Goal 1: |
| Goal 2: |

Measurement of goal outcomes is the thing that most people find trickiest, though hopefully, as you start to change certain things, you will find that feedback and measurement come more easily and spontaneously. These can result from both your own observations and reflections on your behaviour and from others. Find someone that you can trust to be honest and kind, who are familiar with you and your goals and your behaviour (as far as is possible) and ask them to give you objective feedback and ratings on your behaviour before goal setting takes place.

|  |
| --- |
| **Goal 1 chosen:** |
| Name of person giving feedback: |
| Comment on behaviour **prior** to goal setting  Rate the behaviour **prior** to goal setting on a scale of 1 to 10 (1 being not at all shown/poor and 10 being totally shown/excellent - depending on the goal type)   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

|  |
| --- |
| **Goal 2 chosen:** |
| Name of person giving feedback: |
| Comment on behaviour **prior** to goal setting  Rate the behaviour **prior** to goal setting on a scale of 1 to 10 (1 being not at all shown/poor and 10 being totally shown/excellent - depending on the goal type)   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| **Goal 2 chosen:** |
| Name of person giving feedback: |
| Comment on behaviour **prior** to goal setting  Rate the behaviour **prior** to goal setting on a scale of 1 to 10 (1 being not at all shown/poor and 10 being totally shown/excellent - depending on the goal type)   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |