



CLIENT NAME	SESSION DATE	SESSION NUMBER
Deb Briggs	08/12/2025	Session 2 of 4

1 Check-In: Weekly Win

🏆 What was a win from your week?

Spa day for her cousin. Seven friends and

⌚ How are you arriving today?

Drank too much on Saturday, beer fear. Ruminations, did she do anything terrible. Drank whilst on sertraline. Feeling like lack of control. No-one got hurt.

2 Recap: Previous Actions

📋 Actions from last session

Action item from last session...

✓ What went well?

meeting friend for a coffee

⌚ What could have gone better?

work-slump - loads to do and not feeling like she's achieving anything.

3 Today's Agenda

🎯 What do we want to cover today?

Feeling stuck, not getting stuff, decided to do a brain-dump.

Session Notes

Key points, insights, breakthroughs, tools discussed...

4 Goals & Next Actions



🎯 Actions for next session



Worksheets - so she can fill out the foundations and energy mapping



💡 Key insight or commitment

Being kinder to themselves.



5 Wrap-Up



Energy leaving session:



4/10

📅 Next session

15/12/2025, 18:45



📝 Coach notes (private)

Deb was a bit fed up after heavy weekend and getting drunk at Xmas party. Seemed happier end of session to have identified what she needed to get done this week

