



## *Client's Coaching Session Planning*

Date: \_\_\_\_\_ Time: \_\_\_\_\_

What area(s) and/or what relationships are currently challenging for me? Of these, what are the topics of greatest opportunity, urgency, or need?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What are the top outcomes that I want to achieve in this coaching session? Please refer to your Coaching Goals/Actions/Outcomes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What are the goals and/or commitments that resulted from this coaching session?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Notes: