



Coaching Preparation Form

Preparing for the coaching session will allow you to optimise your results and our time together. Prior to the session, you may wish to answer the following questions.

1. How am I today, right now? How has my week been?

2. What do I want to get out of the call/meeting today?

3. What action did I take since our last session? What were my wins/challenges?

4. What do I have to report? What do I want to be held accountable for?

5. What issues do I want to look more deeply at on our call today?

6. Debrief of last week inquiry.

7. What else?

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