



Building Trust & Strengthening Relationships

COACHING PREPARATION FORM

FROM:

DATE:

GET THE MOST VALUE OUT OF YOUR COACHING SESSION BY PREPARING FOR IT

Please respond to each question below and email me a copy 24 hours prior to our next session:

gail@bosieinternational.com

WHAT DO YOU HAVE TO SHARE (accomplishment, disappointments, miracles, etc...)

DURING OUR LAST SESSION YOU SAID THAT YOU WOULD?

DID YOU DO IT? IF SO, WHAT HAPPENED?

WHAT CHALLENGES AND OPPORTUNITIES ARE YOU FACING?

WHAT DO YOU WANT TO ADDRESS DURING OUR NEXT SESSION?

WHAT ARE YOU GRATEFUL FOR THIS WEEK?