

# Get More from your Coaching Session

Client \_\_\_\_\_

Date \_\_\_\_\_

Preparing for the coaching session will allow you to optimize your results and our time together. You can use these questions as a reflection or anchor for the beginning of the coaching conversation. Some clients even like to email a completed form to their coach in advance of the session.

## The questions you may wish to answer or reflect on in advance of your call might include:

1. How am I, today, right now? How has my week been?
2. What do I want to get out of the coaching session 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 deepen on our call today? What are the challenges, concerns, achievements, or areas of learning to be addressed?
6. Debrief last week's inquiry:
7. What else?

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