(This form is to help you prepare for our next coaching session. Please message me at least 24h in advance with your agenda for our next session and what you would like to take away form it)

*Preparing for your session will allow you to optimize your results and our time together.*

*Before the session, you may wish to answer the following questions.*

1. How am I, right now?

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1. What do I want to get out of the next session?

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

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

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1. What issues do I want to deepen in our next session? What are the challenges, concerns, achievements, or areas of learning to be addressed?

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1. Debrief last session’s inquiry

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1. What else?

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