

Coaching Call Prep Form

Inviting Flourishing

OVERVIEW & PURPOSE

Reflection is a helpful tool and will increase your benefit from coaching. Experience indicates that those who organize their thoughts before a coaching session gain more from shared time. Once you've completed your preparation, please email this document to Florence. Feel free to add additional information.

Name:

Today's Date:

Date and Time of Scheduled Call:

Insights since our last call:

Commitments I made to myself on our last call:

What happened around those commitments?

Challenges and opportunities I am currently facing:

What I want to focus on during this week's call:



Florence Fisackerly Brooks

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