

# CLIENT CALL PREP FORM

Please complete this form and email it to me 24 hours before our next coaching call. Alternately, you can put the questions and your answers directly into an email.

What new insights and awarenesses did you have following our last session?

What have you been embodying since our last session?

What action steps and tasks have you completed since our last session?

What, if any, of your commitments and tasks from our last session remain incomplete?

What do you want to focus on in our next session?

Have you been experiencing any challenges or blocks that you want to explore before or during our next session?

On a scale of 1-10 (10 being fully satisfied) please rate the effectiveness of this coaching journey so far.

What can I do to improve or better support you through coaching?