

# Coaching Session Planning Guide

Helping Leaders Grow

To make your coaching session productive, please take time to reflect on what has happened since our last session and the outcomes you would like from your next session. (Place your cursor in the boxes and start typing. The boxes will expand as needed.)

# Update since our last session:

What I tried:

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What I intended to do but chose not to do or could not do:

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My successes, breakthroughs, and victories (whether planned or not)

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New issues, problems, or set-backs that arose:

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New insights, learning, or shifts in perspective since our last meeting:

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# In our next session:

Questions that I have and other matters I want to discuss:

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My objective for the coaching session (outcomes that I would like.)

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