

SHIFT COACHING PREPARATION FORM

To assist you in making the most out of each coaching session, please complete this form and e-mail it to _____ at least 24 hours in advance of your session.

Name _____ Date _____

1. What wins, celebrations, or accomplishments have occurred since our last conversation?

2. What, if anything, did you not get done that you intended to do?

3. What challenges (complaints, energy drainers) do you currently face?

4. What do you want from our coaching session today?