



# All Ways Learning Life Coach

Building Balance to Ingrain Success in You

## Initial Session Preparation Form

To get the most out of each coaching session, **take a quiet moment** to consider how you want to use your time with me in our next session. Approximately 24 hours (day) prior to each session, please scan/email the answers to these questions.

1. What are the biggest personal or professional concerns you are facing right now?

---

---

---

2. What must be on today's session agenda?

---

---

---

3. What would you like to take away from our session?

By the end of this session, \_\_\_\_\_

---

---

### Session Reflection

Answer these questions **at the end** of our session for your action plan assistance.

1. Briefly express the feelings, breakthroughs, insights or changes you experienced in our session?

---

---

---

2. What action are you currently ready to take?

---

---

---

3. What is the time frame to complete my task?

---

---

---

4. Are there extra assistance needs from me to complete your takeaway task?

---

---

---