

# Coaching Form

## Client information

Name:

Sex:

Date of session:

Session number:

Duration:

Coach:

## Session focus

Main goal/objective for today's session

Client's current challenges

Desired outcome (what would success look like?)

## Key insights and reflections

Client's reflections/insights during the session

Coach's observations and feedback

## Action plan (next steps/tasks agreed upon)

### Accountability and support

How can I (the coach) support you in achieving these goals?

What will you do to keep yourself accountable before the next session?

### Follow-up and homework (if applicable)

### Session rating

On a scale of 1-10, how would you rate today's session?

1

2

3

4

5

6

7

8

9

10

Date of next session:

Time: