

Coaching Session Plan

Client Name:

Date:

Session Number:

Duration:

Objective/Goal of the Session:

Agenda:

1. The Warm-up (10 minutes):

2. Goal-Setting (5 minutes):

3. The "Actual" Coaching (30 minutes):

4. Defining Commitments (10 minutes):

5. Reflection (5 minutes):

Materials/Resources Needed:

Evaluation/Feedback Methods:

Follow-up/Action Plan: