

Coaching Session Structure

Session Overview:

- Date and Time:
- Duration:
- Location (in-person/online):

Session Objectives:

Specific goals for this session:

- Goal 1:
- Goal 2:
- Goal 3:

Desired outcomes:

Agenda:

Introduction and Rapport Building

Goal Setting and Clarity

Exploration and Reflection

Action Planning

Progress Review

Closing and Accountability

Closing Remarks