

Life Coaching Session

Introduction

Welcome the client and establish rapport. Clarify the coaching process and confidentiality. Set the session's intention and encourage open communication.

Section 1: Assessment and Goal Setting

Client Background:

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Wheel of Life:

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SMART Goals:

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Section 2: Exploration and Self-Discovery

Values Exploration:

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Strengths Identification:

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Section 3: Action Planning and Strategies

Action Steps:

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Obstacle Analysis:

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Accountability:

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Section 4: Skills Building and Resilience

Resilience Training:

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Resilience Training:

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Section 5: Reflection and Celebration

Reflection:

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Acknowledgment:

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Summarize the session:

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