

# 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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