Life Coaching

Name: Amelie Bleacher

Date: 10/12/2019

Use this Life Coaching Template to guide your coaching sessions with clients. It can be a roadmap to ensure that important areas of the client's life are addressed, goals are set, progress is tracked, and action plans are developed.

Goal setting

Amelie's long-term goal is to start her own business as a freelance graphic designer within the next two years. Our immediate focus is to set specific and achievable short-term goals to lay the foundation for her entrepreneurial journey.

Short-term Goal 1: Research and select a target market/niche for her graphic design services within the next month.
Short-term Goal 2: Develop a professional portfolio website showcasing her design work within three months.Short-term Goal 3: Attend networking events and establish connections with potential clients or collaborators within six months.

Assessment and reflection

During our initial conversations, Amelie expressed her passion for design and her desire for creative freedom. We discussed her strengths, which include strong visual communication skills, attention to detail, and a good understanding of design principles. Amelie also acknowledged that she needs to improve her time management skills and gain more confidence in promoting her work.

Challenges and obstacles

Amelie mentioned that one of the main challenges she faces is self-doubt and fear of failure. We will work on addressing these limiting beliefs and develop strategies to overcome them. Additionally, we will explore potential obstacles such as financial constraints and time management issues, and create contingency plans to overcome them.

Skills development

To support her journey as a freelance graphic designer and business owner, we will focus on developing the following skills:
Time management: Implementing time management techniques to prioritize tasks and increase productivity.
Marketing and self-promotion: Enhancing Sarah's skills in branding, marketing, and promoting her services through various channels.
Networking and communication: Building her networking skills to establish valuable connections within the design industry.

Progress tracking
We will schedule bi-weekly check-ins to review Amelie's progress and ensure she stays on track. During these sessions, we will assess her achievements, discuss any challenges encountered, and make adjustments to her action plan if necessary. I will also encourage Amelie to keep a journal to reflect on her experiences and measure her personal growth throughout the coaching process.
Additional notes