

SOON COACHING MODEL WORKSHEET

Use this template to structure your coaching conversations and capture key insights.

COACH: _____ COACHEE: _____

DATE: _____ FOCUS AREA: _____

S - SUCCESS

What does success look like for this situation/goal?

Key indicators of success:

1. _____
2. _____
3. _____

O - OBSTACLES

What might prevent achieving this success?

Prioritised obstacles to address:

1. _____
2. _____
3. _____

O - OPTIONS

What are the possible approaches or solutions?

Top options to consider:

1.

2.

3.

N - NEXT STEPS

What specific actions will be taken?
