

COACHING SESSION STARTER

Pre-Session Reflection Questions

Complete these questions and share with your coach before your upcoming coaching session to maximise your time together.

Name: _____ Session Date: _____

1. What specific outcomes would make this coaching session valuable for you?

Be as clear and specific as possible about what you hope to achieve or discuss.

2. What progress have you made on previous action items or goals?

Share your accomplishments, challenges, or insights since your last coaching session.

3. What current obstacles or challenges are you facing that you'd like to address?

Describe any roadblocks, whether internal (mindset, confidence) or external (resources, relationships).

4. What specific topics or questions do you want to ensure we cover in this session?

List the priority items you want to discuss to make the best use of our time together.

Action Plan for Next Session

Is there anything else your coach should know before the session?

Preferred Focus for This Session

- ☐ Problem-solving a specific challenge
- ☐ Exploring new possibilities or opportunities
- ☐ Planning and strategy development
- ☐ Skill development
- ☐ Reflecting on patterns or behaviours
- ☐ Other: _____

Please return this completed form to your coach at least 24 hours before your scheduled session.