

Coaching Wrap-up Questions



FOR YOU AND YOUR COACH

Client Name: _____ Date: _____

1. What have you achieved during the coaching period?

(i.e. consider your goals, achievements, and successes)

- 1.
- 2.
- 3.

2. What limiting beliefs, behaviours or habits have you let go of?

- 1.
- 2.
- 3.

3. What have you done or changed that has had the greatest impact?

4. What have you learned through this process about yourself or others?

(i.e. possibly things you have not yet mentioned)

5. What has been the best part of the coaching for you?

6. How does continued progress look to you?

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7. What one thing do you intend to do over the next few months to keep building on your success?

8. How will you hold yourself accountable to get there?

9. What piece of advice would you give yourself at a future crossroads?

PROGRAM FEEDBACK FOR US *(or feel free to use the online form)*

1. Which components of the program did you find most worthwhile or inspiring?

2. How helpful were the homework suggestions and the Client Portal Toolkit?

3. What improvements would you suggest we consider?

4. Have you identified goals for which you would like further coaching?

SEND TO COACH - SUSAN

SEND TO COACH - BONNIE