



METIER COACHING

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Session Preparation Form

Name: _____ Date: _____

To get the most out of your coaching session prepare for it!

What I have accomplished since our last session .. My wins and/or victories:

What I did not get done, but want to be held accountable for:

Challenges I am facing right now:

What I am appreciative of or grateful/thankful for:

How I want to use my Coach today and what I want to get out of this session:

What I commit to doing before the next session: