

Session Preparation Questions

To help set some context for each coaching conversation, submit this sheet to your coach the day before each session. Please email to: LMMotley@windstream.net or state at the beginning of the coaching conversation.

Your Name: _____ **Date of next conversation:** _____

1. During the last session:
 - You declared:
 - Practices co-designed:
 - Questions to sit with:
2. What would you like to take away from this session?
3. What challenges or concerns are you facing now?
4. What have you accomplished since our last session?
5. What did you mean to accomplish but did not?