



Coaching Pre-Session Observations & Action Steps

Email or fax a copy of this form Lisa@LisaCreed.com (214-317-4871) before your coaching session.

Client: _____ Session date: _____

A. Actions you have taken since the last sessions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

B. Observations, celebrations, insights, aha's since last session:

C. I request coaching on the following:

D. Promises and/or action steps to be taken between now and the next session:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Next call: Date:

Time: