

Post-Coaching Follow-Up Form

Answer the questions below.

Debriefing the coaching session will allow you to deepen your learning experience, and forward your action. Following the session, you may wish to answer the following questions. This is for your own use, if you wish to use it, as I have no expectation that you send your responses to me.

1. WHAT DID I DISCOVER OR LEARN ABOUT MYSELF IN TODAY'S COACHING SESSION?

2. DID I FEEL A TOTAL COMMITMENT TO MY GROWTH AND DEVELOPMENT DURING THE CALL?

3. WHAT IS THE BENEFIT OF ACCOMPLISHING THE ACTION TO WHICH I HAVE COMMITTED?

4. WHAT IS THE COST OF NOT ACCOMPLISHING THE ACTION?

5. LOOKING BACK AT THE WHEEL OF LIFE AND MY BALANCE, WHAT DO I NOTICE?
AND WHAT, IF ANYTHING, DO I WANT TO DO ABOUT WHAT I NOTICED?

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