



## **SESSION PREP QUESTIONS**

To get the most out of each coaching session, take a quiet moment to consider how you want to use your time with me in our next session. Approximately 24 hours prior to our next session please email the answers to these questions and any other information you'd like to share:

1. What is your agenda for today's session?
  
  
  
  
  
  
  
2. What feelings, breakthroughs, insights, or changes in belief have you had since we last spoke?
  
  
  
  
  
  
  
3. What are the biggest personal or professional concerns you are facing now?
  
  
  
  
  
  
  
4. What have you accomplished since our last call regarding your current projects or goals?
  
  
  
  
  
  
  
5. What action are you ready to take now?
  
  
  
  
  
  
  
6. Is there any feedback you want to give me?

7. Have you had a fever in the last 24 hours of 100°F or above?

8. Do you now, or have you recently had, any respiratory or flu symptoms, sore throat, or shortness of breath?

9. Have you been in contact with anyone in the last 14 days who has been diagnosed with COVID-19 or has coronavirus-type symptoms?