Coaching Completion

To put some closure on the work we've done together, please think about the following questions in preparation for our last session, reviewing your intake form, goals, and if you did one, Wheel of Life. There are many questions here – answer as many or as few as feel are relevant.

– What's changed since we started working together?

– How many of your Primary Focus goals have you completed? What is left to do?

– How many of your accountability assignments did you complete? What's left to do?

– In addition to your goals, what do you feel you've accomplished during this period?

– What worked for you during our time together?

– What would you have liked to be different in our working together – more of, less of…?

– What are you proudest of?

– What has changed in you, or in your relationship with yourself? With others? How are you different from when we started?

– Take a minute to reconnect with your Future Self. What is your connection like with that part of yourself now?

– What do you need to say or do to be complete with the coaching?

– Overall, how satisfied were you with our coaching together (1 least satisfied to 5 entirely satisfied)? If you were not entirely satisfied (5), what would have gotten you there?

– What do you know now about what is unique about you – how will you bring more of THAT into your work?

– What's next for you? Given what you have going on in your life, from where will you avail yourself of support?

I like to follow up with completed clients in 3 to 6 months to touch base. When would be a good time for me to check back in with you?

Thank you for entrusting me with this portion of your life's process. It has been a privilege and a pleasure to work with you.

Why not go out on a limb? That's where the fruit is. – Will Rogers

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