

Bridgewell Coaching

Coaching Call Prep Form

Name:

Date of scheduled session:

What I/we have been working on and have accomplished since our intensive or last coaching session:

What I/we did not get done, but want to be held accountable for:

What I/we am thankful for in my life:

What I/we seem to be struggling with/challenged by:

What I/we want to focus on today:

Record of commitments: (To be completed during the coaching session along with main take-aways after the session)