



## COACHING CALL PREP FORM

Instructions: Before our next coaching session, please respond to each of the following questions. This will help you to get the most out of our call. I suggest you save this as a master, and work from copies each week. When you have completed this, please e-mail [chala@brandtactics.ca](mailto:chala@brandtactics.ca) to me prior to our call. It will expedite our work and help me to help you in the best way possible! Your prep form does not have to be limited to one page, feel free to say as much as you want.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

- 1) What have I accomplished since our last call? (What are my “Wins”!)?
  
- 2) What I didn’t get done but intended to do:
  
- 3) The challenges I am facing right now:
  
- 4) The opportunities which are available to me right now:
  
- 5) I want to use the coach during the call to:
  
- 6) What I agree/promise to do in my next call:

Anything else?