

### Coaching Preparation Form

Please E-mail to [Merlin@SwitzerOnLeadership.com](mailto:Merlin@SwitzerOnLeadership.com) 24 hours prior to the coaching session

Name: \_\_\_\_\_ Date/Time: \_\_\_\_\_ Next Session: \_\_\_\_\_

What I have accomplished since our last call (Wins/Successes):

- 
- 
- 

What I wanted to complete, but did not:

- 
- 
- 

The challenges/problems I am facing now:

- 
- 
- 

The opportunities which are available to me right now:

- 
- 
- 

Coach, what I want to focus on during this coaching session is:

- 
- 
- 

What I am committed to do by the next call (to be decided during coaching session):

- 
- 
- 

*Please file this in your Coaching Folder*