**CLOSE COACHING & CONSULTING, LLC**

**PRE-THINK FORM FOR COACHING SESSIONS**

**BY PHONE, ON-SITE, IN OFFICE, OR VIDEO CHAT**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Session\_\_\_\_\_\_\_\_\_**

**Session will be: \_\_\_Phone \_\_\_On-Site \_\_\_In Office \_\_\_Video Chat**

1. What commitment have you completed since our last conversation?
2. What accomplishments, wins or celebrations have you had since our last conversation?
3. What topic(s) would you like to focus our coaching on today?
4. What is the most important or most helpful outcome that you want from our coaching today?
5. What commitment are you willing to make for our next conversation?