



Pre-Session Questionnaire for Executive Coaches

* Required information

First name *

Last name *

What's your email? *

How am I right now? How has my week been?

What do I want to get out of the session (unless you have an urgent or emergency issue)?

What action did I take since our last meeting? What were my wins/challenges?

What do I have to report on my "homework"? What do I want to be held accountable for?

What are the challenges, concerns, achievements, or areas of learning to be addressed? What issues do I want to explore further or deepen in our session?

Debrief last session's discussion and anything that was left as unfinished (business)

Is there something else that is important for you to talk about?



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