



## Session Prep Questions

For Ongoing Coaching clients: You will be asked to fill this form out prior to EACH bi-weekly laser session. To get the most out of each coaching session, take a quiet moment to consider how you want to use your time with me in our next session. Approximately 2 to 24 hours prior to your session please email the answers to these questions to [mindy@innovativecoachingservices.com](mailto:mindy@innovativecoachingservices.com).

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

What is your agenda (what you want to talk about) for today's session?

What specifically would you like to take away from our session?

What feelings, breakthroughs, insights or changes in belief have you had since our last session or would you like me to know about for our Discovery Session?

What are the biggest personal or professional concerns you are facing right now?

What do you have to celebrate or what have you accomplished since the last call?

What action/changes are you ready to take now?

Is there anything going on in your life that I need to be aware of before our session?

Is there any feedback you would like to give me?

**\*\*Before we meet, please take a few minutes to just sit and relax. Breathe deeply and be ready to be open and engaged. I can't wait for our time together!\*\***