

Post-Coaching Follow-Up Form

My Name:

Date/Time of Session:

Take a moment to reflect on our coaching session and answer the following questions. This exercise will give you the opportunity to evaluate the effectiveness of this session and to plan your week accordingly.

What did I discover or learn in this coaching session? How does that connect with my overall coaching plan?

How was my growth and development supported during the session?

During the session, I committed to take the following action(s). Make sure your action includes all appropriate aspects of a SMARTER goal (Specific, Measurable, Attainable, Realistic, Timely, Evaluation, Reward). What tools and/or resources do you need to complete the action(s)?

What are the benefits of completing the action(s)?

What is the cost of not completing the action(s) you committed to?