



Coaching Integration

Post Coaching Integration (Homework):

- What insights did I receive from my last coaching session?
- How will I implement what I learned?
- How would I rate my last coaching session on a 1 to 10 scale?
- What would have made it better?
- Report on specific (homework) assignment (Given during the last session):

Pre-Coaching Integration (Preparation for next session):

- Since our last conversation, I have accomplished...
- The challenges I am facing now...
- How I am handling my challenges...
- My desired outcome(s) for my next session are...
- Questions, thoughts or comments:

(Please return completed to Rick Wickizer 24 hours before the next meeting)