



Client Coaching Call Prep Form

Please, to get the most out of each coaching session take a reflective moment to consider how you best want to use your time in your next session and consider your week's highs, lows, surprises, goals, etc. Then email approximately 24 hours prior to each session to glenportlife@gmail.com

My creative "affirmation agenda" for today's session is?

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What would you like to take away from your session today to clarify that agenda?

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What have I accomplished, mini-wins, since my last session?

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What opportunities are there to move this agenda forward?

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What action steps on this agenda can I commit to working on before my next session?

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*What feedback would you like to share about this session?
(You can fill this in during the session as you choose action steps)*

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Discover Creative Core Coaching!

Compiled © Glenport Life, Creative Core Coaching, Deborah Porter Glenn, MS, Certified CTA Coach, Creativity Coach
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