**Geoff McLean, Coach**

*Seeking ICF Certification*

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**Coaching Preparation Worksheet**

(All personal information is confidential and will be treated appropriately.)

Client Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The high point of the week:

I am grateful for:

Accomplishments since the last call:

The low point of the week:

I did not get this done as intended:

Insights:

The challenges and the problems I am now facing:

The opportunities that are now available to me:

I want to use my coach during the call to:

Miscellaneous thoughts/ideas:

Assignments/what I intend to do by the next call: