

Coaching Skills Practice Session Records for LCS-L3

(reproduced by kind permission of Network Training)

Coachee: (initials only)		Date:	Limits of ability:	Y/N
Confidentiality limits: Y/N			Session time:	Y/N
Theme for coaching:		Desired goal from coaching:		
Questions asked		Responses		
GOAL REALITY OPTIONS OBSTACLES WAY FORWARD WILL RATING 1-10				
Actions to be taken:				
Signposting or referral? Y/N (detail)				
Date of next meeting..... Signature of coach.....				

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GOAL	In simple language, what is your goal? How manageable do you think your goal is?		
	What experience of this do you have already? How many times have you tried to achieve this before?		
REALITY	What are the steps you think you could take? Which of these is most attractive?		
	What could stand in the way of you reaching your goal? Why might this be?		
OPTIONS	What do you think could be your very first step? When do you think you can take it?		
	How committed are you to taking this step. Please rate it 1-10. How can you increase this number?		
OBSTACLES			
WAY FORWARD			
WILL RATING 1-10			
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