Mentor Coaching Session Prep Form

Name _____ Date _____

Preparation ahead of time will help you to get the most out of your mentor coaching sessions. As you know, mentor coaching consists of an experienced coach coaching you on your own coaching. This is a unique opportunity to focus privately and personally on how you can improve your coaching capabilities and support your clients. Please use this form to prepare your thoughts for your mentor coaching session. When you have completed this form, please email it to your mentor coach as soon as possible before our appointment.

1. What is the best coaching experience I have had recently? Describe a coaching "win."

2. What areas of coaching do I feel the most confident and skilled? What am I most proud of?

3. Where am I struggling the most in my coaching?

4. What coaching competency have I not paid enough attention to?

5. I want to use this coaching session to:

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