



Coaching Session POST Form

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My Name:

Date of Session:

Take a moment to reflect on our coaching session and answer the following questions. This exercise will give you the opportunity to evaluate the effectiveness of this session.

What did I discover or learn in this Coaching Session?

How did my Coach support my growth and development during the session?

During the session, I committed to take the following action(s).

What tools and/or resources do you need to complete the action(s)?

What are the benefits of completing the action(s)?

What is the cost of not completing the action(s) you committed to?