



First Coaching Session Preparation Form

with Coach Shannon Parish (720) 984-9355

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Please return by email (Shannon@CompletedPeople.com) at least 24 hours before your coaching session.

Name:

Date of first session:

Session Time:

At this time, I would like the direction of our coaching sessions to cover the following area(s):

Challenges and roadblocks for me in regards to the changes I'd like to make in general, have been:

These are the additional support/resources I would like to discover:

I want to use my coaching during this next session to: