ONGOING PRE CALL FORM

# This is another tool that can be used by the client to evaluate themselves before each coaching session.

It can be used to get them in the right frame of mind for the coaching call. The same questions can be answered each and every time they are getting ready to meet with you so they just have to save this form when you send it to them by email and reprint a new one each month.

This form also gives the client ideas about what they want to talk about on the next session call. You may have a few questions from your client notes of the previous session but it is important they the client be allowed to speak first and direct the subject matter of the call as much as possible. When they are ready to approach a topic, then they may also be ready to accept accountability.

So, your Ongoing Pre Call form will consist of a list of questions to be answered by the client no more than 24 hours before a session. This can also be set up on your website as a private contact form, or in Google Drive as a form.

**www.EvaGregory.com**

Your Company Name

(Print a new form to be completed before each coaching call)

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| ***Client Name:*** |  |
| ***Date:*** |  |

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| 1. What have I accomplished since the last coaching session?
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| 2. What didn’t I get done, and want to be held accountable for? |
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| 1. What have I learned about myself since the last coaching call?
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| 1. Is there any good news I would like to share with my business coach on this next call?
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| 1. What challenges did I experience since our last coaching call?
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| 1. What business opportunities have come my way since the last call?
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| 1. **Have I been able to achieve balance in my life since the last call?**
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| 1. What do I want to accomplish by the end of this next coaching session?
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EMAIL FORM TO [YOUR EMAIL ADDRESS] BEFORE NEXT MONTHLY SESSION