WHAT HAS CHANGED FOR ME IN COACHING?

This is a simple review template that provides an opportunity to reflect on where you are as a coaching client by looking back to when you started, where you are now, and what challenges still remain. Take some time to reflect and complete and share with your Coach.

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| **What was happening for me when I started coaching? What were the challenges I faced? (list main 2-3)** | **What has changed for me professionally and personally? (2-3 key changes). How would I rate the change from 1 (little) to 10 (a lot)?** | **What are the challenges I’m still working on? Where would I like to be in the future?** |
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