

COACHING WORKSHEET

Name:

Date:

**Summary:
Opportunity /
Challenge /
Core Struggle**

**What I learned
through this
conversation**

Hopeful & Positive

Fearful & Negative

**Powerful
Emotions**

**Outcome:
Presenter's Hope
/ Fear**

Questions of Essence I heard:

- 1.
- 2.
- 3.

Reflections for meaning:

- What emotions were strongest?
- What did I notice or learn that would be useful to frame the presentation?
- What is/are the underlying struggle(s) or factors that make this most challenging?