Lucy Stanyer LIFE COACH

Your focus

You will find that your coaching sessions will be more beneficial if, before each one, you make some notes to remind you of any successes, issues or concerns that you'd like to discuss.

Please complete this in advance and share with me via email. It will help us both prepare for, and get the most out of, the next session.

Name: **Session date:**

Achievements, successes and things to acknowledge since our last session:

Anything intended but not accomplished since our last session:

Significant events and realisations since our last session:

The main issue that I would like to focus on this session is: