



Phoenix Life & Wellbeing Coaching
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Phoenix Coaching: Post Plan Reflection Sheet

What were your original objectives / desired outcomes from Coaching?

What has changed as a result of your Coaching Sessions?

What do these changes mean to you?

What impact have these changes had?

How are you continuing the momentum since your sessions finished?



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What has prevented (if anything) you from continuing the momentum?

What (if anything) do you need support with?

What else could have added value to your Coaching Programme?

Is there anything else you would like to comment or feedback on?

If you enjoyed, and found value in working with me, I would love you to leave a Google and/or LinkedIn Testimonial.

Thank you.

Google - Phoenix Coaching - <https://g.page/r/CXmyMXHnOImHEAg/review>

Linked In - <https://www.linkedin.com/in/zoe-thompson-phoenix-lifeandwellbeing-coach/>