**Phoenix Coaching: Plan Preparation Sheet**

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| What would you like to be different at the end at the end of the coaching plan?  |

How do you intend to prepare and show up to sessions?

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| How would you like your Coach to show up to sessions?  |

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| What do you need to put into place to continue progress between sessions?   |

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| **How will you measure the success of your Coaching?** |