



*Phoenix Life & Wellbeing Coaching*  
zoe@phoenixlifecoach.co.uk | www.phoenixlifecoach.co.uk

## Phoenix Coaching Preparation Sheet

What has worked well since the last session?

What has not worked so well?

What steps have been taken to make progress?

What do I need Coaching support with?

What do I want to focus on in this next session?