



Phoenix Life & Wellbeing Coaching
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Phoenix Coaching: Coaching Plan Debrief Sheet

What do you notice to be different since the beginning of the Coaching plan?

How do you feel you got the best from the sessions?

How do you feel your Coach showed up to the sessions?

What worked really well? (If continuing coaching, what would you want more of?)

How successful was this period of coaching for you? What could have made it more successful?

Did you find value in working with me?

Can you please spare 2 minutes to share your experience and leave a testimonial? [CLICK HERE](#)