**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? |

|  |
| --- |
| 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/>