**Phoenix Coaching: Post Plan Reflection Sheet**

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| What were your original objectives / desired outcomes from Coaching? |

What has changed as a result of your Coaching Sessions?

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| What do these changes mean to you?  |

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| What impact have these changes had?  |

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| How are you continuing the momentum since your sessions finished?  |

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

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| What (if anything) do you need support with? |

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| What else could have added value to your Coaching Programme? |

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| 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/>