

Life Coaching Session Template

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Welcome the client and establish rapport. Clarify the coaching process and confidentiality. Set the session's intention and encourage open communication.

Client Background:

Wheel of Life:

SMART Goals:

Values Exploration:

Strengths Identification:

Action Steps:

Obstacle Analysis:

Accountability:

Resilience Training:

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Reflection:

Acknowledgment:

Summarize the session: