

# Coaching Skills Practice Session Records for LCS-L3

(reproduced by kind permission of Network Training)

Coachee: (initials only)	Date:	Limits of ability:	Y/N
Confidentiality limits:	Y/N	Session time:	Y/N
Theme for coaching:	Desired goal from coaching:		
Questions asked		Responses	
GOAL			
REALITY			
OPTIONS			
OBSTACLES WAY FORWARD			
WILL RATING 1-10			
<p>Actions to be taken:</p>          <p>Signposting or referral? Y/N (detail) .....</p> <p>Date of next meeting..... Signature of coach.....</p>			



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Questions asked		Responses	
GOAL	How do you know that this is a goal you really want? How could achieving this goal change your life?		
REALITY	What has helped and hindered you in your efforts so far? What is your past experience of achieving goals?		
OPTIONS	What are the choices you have to make to start on reaching your goals? Which of these is most appealing?		
OBSTACLES	What would prevent you from taking action? How might you deal with this?		
WAY FORWARD	What is your first step towards your goal? Who might be your witness to this in support of you?		
WILL RATING 1-10	How motivated are you to taking this step? When will you take it? Be precise with your date and time of day. How will you acknowledge it?		
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Questions asked		Responses	
GOAL	In simple language, what is your goal? What might you gain or lose if you achieve this goal?		
REALITY	How many times have you tried to achieve this before? What might happen if you get stuck?		
OPTIONS	What are the ideas you have for moving towards it? If I said you could choose only one, what would you choose and why?		
OBSTACLES	What risks could there be in taking this option? How might you reduce them?		
WAY FORWARD	What do you think could be your first step? What resources will help you?		
WILL RATING 1-10	How committed are you to taking this step?		
<p>Actions to be taken:</p>           <p>Signposting or referral? Y/N (detail) .....</p> <p>Date of next meeting..... Signature of coach.....</p>			