## 5 Fold Consulting of Facilitating Dialogue

## **5 Fold Consulting, Inc**

Nathalie H. Thompson, SPHR, ACC VA Supreme Court Certified Mentor Mediator

## **After Coaching Call Reflection**

## Email to Nathalie@5foldconsulting.com within 24 hours AFTER your session

| Name:                                       | _Date:                                |
|---|---------------------------------------|
|   |                                       |
|   |                                       |
| Here are the ways I benefited as a resul    | t of our call:                        |
|   |                                       |
| Commitments I'm making to myself for        | this week include:                    |
|   |                                       |
| Systems, habits, practices or programs I    | am working on to support me include:  |
|   |                                       |
| Questions, ideas or issues that I'm still t | hinking about that we didn't discuss: |
|   |                                       |
| What I'd like you, Nathalie, to do more     | or less of to coach me optimally:     |
|   |                                       |
| What you can do for me that I would lo      | ve the most is:                       |