



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 result 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 thinking 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 love the most is: