



5 Fold Consulting, Inc
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Coaching Call Preparation Form

Email to: Nathalie@5foldconsulting.com

24 hours BEFORE your call

Name: _____ Date: _____

My greatest wins since our last call:

The commitments that I made to myself on our last call were:

What I was able to do around those commitments included:

Challenges I am facing:

Opportunities that I am facing:

What I want to focus on with my coach today is: