

*This form is completed by the leader to prepare for and focus on the upcoming coaching session.*

<b>GSSA Coaching Preparation Sheet</b>	
Leader Name:	Today's Date:
GSSA Coach Name:	Date of Next Session:
What I've accomplished since our last session:	
What I'd planned, but didn't get to:	
The challenges and problems I am facing now:	
Opportunities available to me now:	
I want help from my GSSA Coach during the next session to:	
What I promise to do by the next coaching session:	