## Jeffery J Horacek, O.D., C.N.C. JeffHoracek.com

## **Post-Coaching Debrief / Report**

Debriefing after each coaching session will help deepen and reinforce your learning and coaching experience. Please answer each question and forward it when complete. This report and its review are another "value-added" benefit to you as a client of JeffHoracek.com.
This form should be submitted within 24 hours after your coaching session. Either submit this form by email, <u>admin@jeffhoracek.com</u> or fax to 972-752-9142.
NameToday's Date
Coaching session day and time
What did I discover or learn in this coaching session?
What are the benefits of completing the agreed-upon actions?
What are the costs of not accomplishing the actions?
What specific actions did I agree to take as a result of this coaching session?
Do I have a testimonial to share with others who may be considering hiring this coach? If yes, please add testimonial here:

Please sign and date or file electronic form (type name and date as signature)

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