

Jeffery J Horacek, O.D., C.N.C.

JeffHoracek.com

Pre-Coaching Preparation Report

Preparing for each coaching session will allow you to optimize your results and our time together. Prior to each session, please answer the following questions for your own focus and for our direction. "Coaching is client driven and coach supported."

This form should be submitted on the evening prior to your session day to allow your coach time to review, prepare, and research if necessary. Either submit this form by email, admin@jeffhoracek.com or fax to 972-752-9142.

Name _____ Today's Date _____

Time and Date of next coaching session _____

What actions did I take since our last session? _____

What were my accomplishments? _____

What were my challenges? _____

What progress have I made towards immediate goals or primary focus? _____

How has my week been? _____

How am I today, right now? _____

What do I want to get out of the session this week? What is my focus and what additional support/resources do I need to reach my current goal? _____

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

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