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**KPC**

**GOAL GENERATING SESSION**

**Coachee Name : Date:**

**DISCOVER**

**Potential goal areas**

**1.**

**2.**

**3.**

**UNDERSTAND**

Current situation summary

Work

Other

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**GOAL GENERATING SESSION**

**Coachee Name : Date:**

**DEFINE**

**Defined goals**

**1.**

**2.**

**3.**

**ESTABLISH ACCOUNTABILITIES**

**Vision for each goal**

**1.**

**2.**

**3.**

**Plan for each goal**

**1.**

**2.**

**3.**

**Initial actions**

**1.**

**2.  
3.  
4.  
5.**

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**GOAL GENERATING SESSION**

**Coachee Name : Date:**

**What are some of your healthy sources of energy?**

**What are some of your unhealthy sources of energy?**

**What does success mean to you?**

**What concerns and/or challenges have taken most of your attention during the past year?**

**Why is this the right time in your life to start a coaching relationship?**

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**GOAL GENERATING SESSION**

**Coachee Name : Date:**

**How will you know how effective your coaching has been?**

**What might prevent you from making the most of our coaching relationship?**

**What else would you like me to know? Concerns? Special requests**

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