

SARAH B RAWZ

Now, a moment to review our time together on (date)

Good golly, can a lot happen in an hour! Taking just a few minutes of time to reflect and document can help lock in (and even expand upon!) your shifts and ah-hah moments.

What are your takeaways from this meeting?

What are your next steps/actions?

Was there anything you wanted to talk about that we didn't touch on?

Is there anything you'd like to share with me that might make this an even more powerful, supportive coaching relationship for you?