**My Coaching Goals**

Coachee Name:

Job Title:

Manager:

Organisation:

**Before the Coaching**

* Please note that coaching is there to provide additional support to that offered by managers.
* Please ensure that you have time available to dedicate to this activity before entering a coaching relationship, and that your manager is aware that you will be accessing coaching.
* You do not need to share the details of your coaching goals or sessions with your manager, however, if appropriate, it may be useful for you to engage with them, before and/or during the coaching process, to discuss your objectives and/or keep them aware of any development needs.

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| **What challenges are you currently facing at work?**  (This may be a consequence of a recent event, being new to a role/leadership, anticipating change or the need to address an organisational or personal objective, for example) |

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| **What are your coaching goals?**  (For example, consider what you want to change and/or learn) |

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| **How will you measure the impact of the coaching?**  (For example, what would success look like in meeting the identified goals) |

**This document, plus any post coaching feedback, will not be shared with anyone other than the administrators of the coaching programme and your coach.**

**Following the coaching, it is important that you reflect on the coaching and review your coaching goals/objectives. You will therefore receive an email asking you to complete a short post-coaching evaluation questionnaire.**

**This feedback is also invaluable to your coaches development and to support the coaching we offer.**

**Once allocated, please contact your coach within 2 weeks,**

**otherwise your coach may be re-allocated.**