



Hopes and Fears

Coach Name:

Hopes

*Please write down what you hope to gain from your coaching. Try to be specific, e.g.:
"I hope to feel OK on my course" becomes "I hope to do well in my first assignment."*

"My hopes are

Fears

*Make a note of anything you feel fearful about in terms of participating in the coaching sessions. Again, **try to be specific** if you can. So, "I am afraid of making myself vulnerable in front of a colleague by saying too much" rather than "I'm scared!"*

"My fears are

Expectations

Make a note of what your expectations are ~ of yourself and me (your Coach), of your boss and colleagues

"My expectations are