

End-of-Coaching Reflection form



Dear client,

please find the End-of-Coaching Reflection questionnaire below. These questions are not just for your coach to understand your journey better but are intended to provide you with a space to reflect on the progress you've made, the shifts you've experienced during our coaching relationship, and how you can continue to grow. This will help you acknowledge and celebrate who you have become and gain clarity on your future goals.

| | |
|--|---------------|
| Name: | Email: |
| Relationship goals | |
| What progress have you made on your goals? | |
| How will you continue making progress and sustain the progress you have already made? | |



What new goals do you want to set for yourself?

What have you learned about yourself during this coaching relationship?

How are you different as a human?

What else do you want to say to feel complete?