

Coaching Plan Template

Now that you've seen an example of a coaching plan, how do you build your own? No need to start from scratch; swipe this coaching plan template to launch your program faster!

Coaching Plan: [Client's Name/Goal]

Coaching Goals:

- [List specific coaching goals or objectives.]
- [Example: Increase self-confidence, improve time management skills, enhance leadership abilities.]

Assessment:

- [Describe how you'll assess the client's current situation.]
- [Example: Initial discussion, self-assessment exercises, analysis of past performance.]

Strategies and Action Steps:

1. [Goal 1]
 - [Detail specific strategies or techniques.]
 - [Example: Attend workshops, practice daily affirmations, track progress.]
2. [Goal 2]
 - [Detail specific strategies or techniques.]
 - [Example: Develop an action plan, set milestones, prioritize tasks.]
3. [Goal 3]
 - [Detail specific strategies or techniques.]
 - [Example: Role-play exercises, study successful cases, practice active listening.]
4. [Goal 4]
 - [Detail specific strategies or techniques.]
 - [Example: Identify challenges, brainstorm solutions, cultivate resilience.]

Timeline and Milestones:

Example Written Coaching Plan

LL Leslie



Example Written Coaching Plan:

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