

## Coaching Resources

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Awareness, understanding & accountability are keys in our coaching relationship. The foundation based on trust, confidentiality and connection. These forms are helpful for setting the framework & tone for coaching. To begin the deepening and the learning.

- [Coaching Guidelines](#)
- [Client Preparation Questions](#)
- [Client Focus Areas Form](#)
- [Coaching Session Preparation](#)
- [Client Values Discovery Worksheet](#)