
VICTORYA ROGERS COACHING

Coach * Mentor * Consultant

For your Life, Love, Faith, Career & major Life Transitions

Session Preparation Form

To get the most out of each coaching session, it is best to spend several minutes preparing for it. When possible, please email or fax me a copy before each session

What I have accomplished since our last session -- my wins and victories:

What I didn't get done but want to be held accountable for:

Challenges I am facing right now:

What I am appreciative of or grateful/thankful for:

How I want to use my coaching time today & what I want to get out of this session:

What I commit to do before the next session:

Helping Women make better choices so you can finally live the life of your dreams