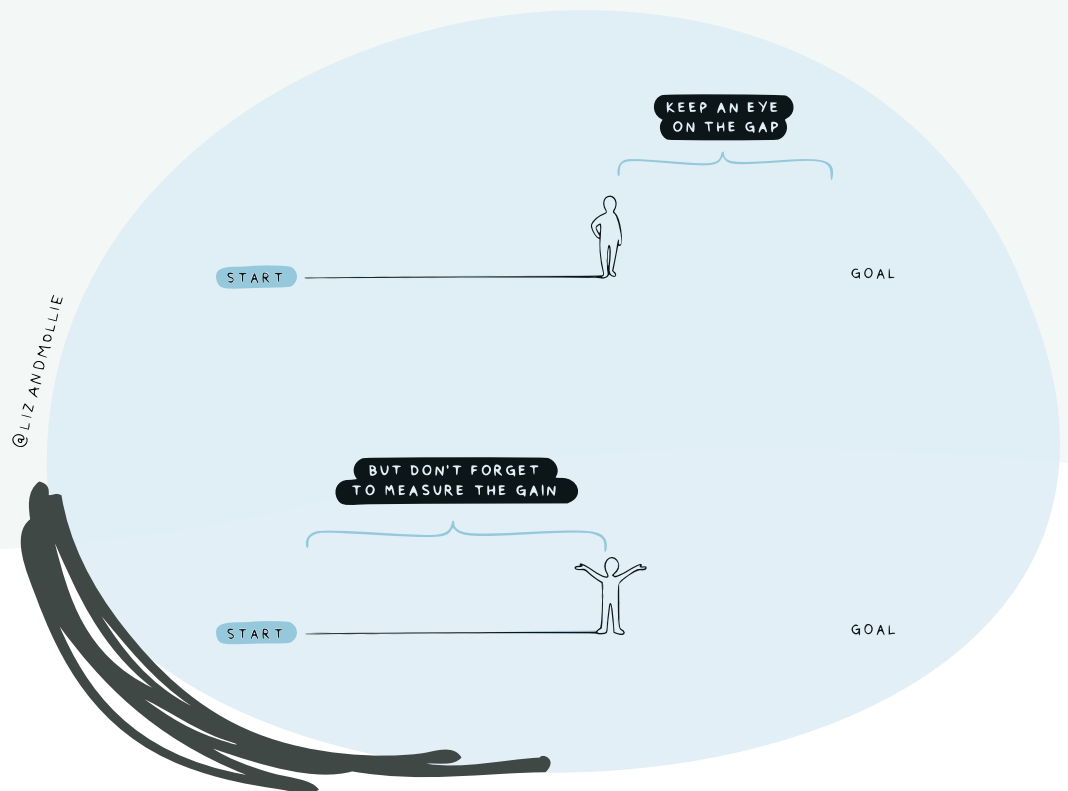
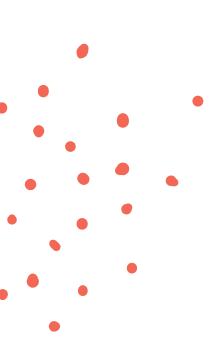


1:1 Coaching: Goal Setting

Welcome to your leadership coaching program! This document is designed to help you clarify & record the three most important goals you'd like to work on during our coaching sessions.

Please take some time to think about these goals & provide as much detail as possible.





Goal #1

Timeline:

Description: Describe your first goal in detail. What specific aspect of your leadership or personal development are you looking to improve or achieve?

Why: What is important to you about this goal? Describe how achieving it will positively impact your leadership skills or personal growth (or both!).

Measurable Outcomes: What specific, measurable outcomes or key performance indicators (KPIs) will help you track your progress?

Post Goal Reflection: Identify what went well and what didn't go well.



Goal #2

Timeline:

Description: Describe your first goal in detail. What specific aspect of your leadership or personal development are you looking to improve or achieve?

Why: What is important to you about this goal? Describe how achieving it will positively impact your leadership skills or personal growth (or both!).

Measurable Outcomes: What specific, measurable outcomes or key performance indicators (KPIs) will help you track your progress?

Post Goal Reflection: Identify what went well and what didn't go well.