

# Life Coaching Session Template

## LIFE COACHING SESSION TEMPLATE

Welcome the client and establish rapport. Clarify the coaching process and confidentiality. Set the session's intention and encourage open communication.

### Client Background:

### Wheel of Life:

### SMART Goals:

### Values Exploration:

### Strengths Identification:

### Action Steps:

### Obstacle Analysis:

### Accountability:

### Resilience Training:

**Resilience Training:**

**Reflection:**

**Acknowledgment:**

**Summarize the session:**