



BUSINESS IN THE COMMUNITY'S JOB COACHING PROGRAMME SESSION LOG

Date of session.....

Session number.....

CHECKING IN / WELLBEING	
<p>What are your energy levels today / in the last week?</p> <p>How much pressure have you experienced in the last week?</p> <p>What positive steps can you take to improve your wellbeing?</p>	
SESSION NOTES/REFLECTIONS	
<p>Capture notes around session plan content and activities.</p>	





GOALS IDENTIFIED AND/OR PROGRESS AGAINST GOALS	
<p>Note goals agreed in Session 2 and / or progress against these in subsequent sessions.</p> <p>You might want to capture:</p> <ul style="list-style-type: none">- Goals identified- Support needed- Action taken since last session- Next steps	
ESSENTIAL SKILLS	
<p>Which essential skills did you use today?</p>	





NEXT STEPS	
Any agreed activities client will aim to complete before the next session?	
When and where will your next meeting take place?	

