



-COACHING- Progress Agenda



by Madalin Milea

Goals Overview

Long Term Goals

Short Term Goals

Sessions Overview

Date:

Key Topics Discussed

Action Items

Reflections/Insights

Self Reflection Sessions

What have I accomplished since the last session?

Where did I feel challenged?

What will I do differently moving forward?

Tools and Resources

Frameworks Used

Resources Shared

Progress Tracking

Milestones Achieved

Challenges

Next Steps

Success Metrics

Qualitative

Quantitative