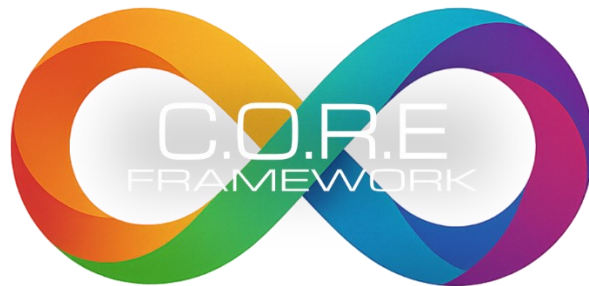


# Your Coaching Journal



# Making the Most out of Your Coaching

Client Name:	
Coach Name:	
Date:	

## INTRODUCTION

This Coaching Journal will be a tool for both of us as you move through your coaching journey. This private document is shared between me (Mark Csabai) and you. You are the owner of this journal and may choose to use it as much or as little as you like.

Like most things, the more you plan and prepare, the more you will get out of it. The same goes for coaching. Much of our work together will happen outside and between our sessions, as you take your reflections and learnings and apply them in your daily life. Keeping track of these things and sharing them with me can significantly amplify the value you get from our time together.

## HOW YOU (the client) CAN USE THIS JOURNAL

You can use this journal to take notes after, during, and before our sessions. You might like to write down any actions you commit to taking and then record your progress. Please let me know any issues or challenges you experience between sessions so I can better prepare for your coaching sessions.

## HOW CAN I (Mark Csabai) USE THIS JOURNAL

I can use this journal to take notes after, during, and before our sessions. I can also review your comments and evaluate your progress as we go along.

## SESSION 1 AFTER THE SESSION

What are your reflections from this session?

Did you accomplish what you wanted to during the session?

What actions or strategies did you commit to at the end of the session?

How are you going to hold yourself accountable for those actions?

## About Mark Csabai

I am a certified New Insights coach and Master NLP practitioner.

My goal maximise human capacity, help others discover clarity of purpose, and contribute to holistic health and well-being.

**My key working themes:** are **vision, purpose, resilience, and outcomes!**

**My coaching philosophy:** At the heart of my coaching philosophy is a firm belief in the infinite potential within everyone. I view coaching as a **collaborative journey** where the client is the expert of their own life, and my role is to **facilitate self-discovery, growth, and positive transformation.**

Connect with Mark on [Facebook](#), [LinkedIn](#), [iono.fm](#), – [www.markcsabai.co.za](http://www.markcsabai.co.za)

**Personality Type:** ENFP

MOTIVATIONAL | IMAGINATIVE | ENERGETIC

**Coaching Style:** TRANSFORMATIONAL | PRACTICAL | OBJECTIVE

## SESSION 2

### BEFORE THE SESSION

Q. What actions did you take after our last session?

Q. What challenges did you face taking that action?

Q. What wins did you have after our last session?

Q. What do you want to get out of this session?

Q. Is there anything you would like me to do differently? Or anything specific you would like from me as your Coach?

## **SESSION 2**

### **AFTER THE SESSION**

What are your reflections from this session?

Did you accomplish what you wanted to during the session?

What actions or strategies did you commit to at the end of the session?

How are you going to hold yourself accountable for those actions?

## SESSION 3

### BEFORE THE SESSION

Q. What actions did you take after our last session?

Q. What challenges did you face taking that action?

Q. What wins did you have after our last session?

Q. What do you want to get out of this session?

Q. Is there anything you would like me to do differently? Or anything specific you would like from me as your Coach?

## SESSION 3

### AFTER THE SESSION

What are your reflections from this session?

Did you accomplish what you wanted to during the session?

What actions or strategies did you commit to at the end of the session?

How are you going to hold yourself accountable for those actions?

## SESSION 4

### BEFORE THE SESSION

Q. What actions did you take after our last session?

Q. What challenges did you face taking that action?

Q. What wins did you have after our last session?

Q. What do you want to get out of this session?

Q. Is there anything you would like me to do differently? Or anything specific you would like from me as your Coach?

## **SESSION 4**

### **AFTER THE SESSION**

What are your reflections from this session?

Did you accomplish what you wanted to during the session?

What actions or strategies did you commit to at the end of the session?

How are you going to hold yourself accountable for those actions?

## SESSION 5

### BEFORE THE SESSION

Q. What actions did you take after our last session?

Q. What challenges did you face taking that action?

Q. What wins did you have after our last session?

Q. What do you want to get out of this session?

Q. Is there anything you would like me to do differently? Or anything specific you would like from me as your Coach?

## **SESSION 5**

### **AFTER THE SESSION**

What are your reflections from this session?

Did you accomplish what you wanted to during the session?

What actions or strategies did you commit to at the end of the session?

How are you going to hold yourself accountable for those actions?

## SESSION 6

### BEFORE THE SESSION

Q. What actions did you take after our last session?

Q. What challenges did you face taking that action?

Q. What wins did you have after our last session?

Q. What do you want to get out of this session?

Q. Is there anything you would like me to do differently? Or anything specific you would like from me as your Coach?

## **SESSION 6**

### **AFTER THE SESSION**

What are your reflections from this session?

Did you accomplish what you wanted to during the session?

What actions or strategies did you commit to at the end of the session?

How are you going to hold yourself accountable for those actions?