

LC-L4 Tutor or Peer Observation of Life Coaching Practice

Life Coach:

Date:

Tutor/peer name:

Client:

Beginnings:

Establish Life coaching relationship:

Agree the focus of the session:

Middles:

Enable client to identify, prioritise and stay focused on their goal(s):

Work to identify and utilise client's motivation:

Support client to develop their health, happiness and wellbeing:

Use life coaching skills and techniques effectively:

Endings:

Bring session to an end appropriately:

General

Any other comments:

Tutor/peer signature: