**Comment and Feedback Form**  to be sent to [epiclifearlene@gmail.com](mailto:epiclifearlene@gmail.com) 24 hours in advance of session

You are requested to at least complete prior to our last session. It is encouraged about every 6 to 8 weeks to address the first five at least verbally if meeting weekly. You may complete and send this prior to any session.

Date:

Your name:

1) Your wins:

2) Your challenges:

3) Your commitments to yourself going forward:

4) What Worked (especially in context of our coaching sessions)?

5) What didn’t work (especially in context of our coaching sessions)?

6) Other Comments

7) Testimonial (typically last session time frame)

Testimonial for web or reference list . The reference list would not be accessible via web rather it would be used in situations such as the following: requested by potential clients, to share with my Mentor Coach, or to share with organizations to build case for a coaching program, etc.

Permission to use Testimonial (please type in yes or no)

|  |  |  |
| --- | --- | --- |
| **Web** | **Reference List** | **Degree of Disclosure with your “ testimonial” comments** |
| Y for yes, N for no. If answer to item 1 is all yes, no need to fill out the remainder. Thank you | | |
|  |  | 1) Include your name, role and US state or foreign country |
|  |  | 2) Anonymous but description of your role in life such as College Student, Non-profit business owner, business owner, engineer, executive, health practitioner, etc.  Please list your preferred description if you have one \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  | 3) Anonymous plus location such as US state or foreign country |
|  |  | 4) Completely anonymous |
|  |  | 5) Other- Please describe |
|  |  | 6) Do not share my testimonial |