

PEER COACHING SESSION REPORT

YOUR NAME:

PEER COACH'S NAME:

MEETING DATE, TIME, & LOCATION:

DEFINE YOUR ONE BIG THING (OBT). State initial OBT, leave blank if unchanged, or provide updated OBT.

STATE WHY THIS OBT. Why is this your primary developmental goal; why is this so valuable to you?

DEFINE SMART GOALS & STRATEGIES TO IMPROVE ON YOUR OBT. Also provide updates on progress or struggles with your OBT.

OTHER MAIN POINTS OF PEER COACHING CONVERSATIONS. What else did you and your coach discuss?

ON MY MIND. Identify 3 personal emotions you're experiencing during/after this coaching session and why you're feeling that particular one. Emotions can be positive (ex: excited, inspired), neutral (reflective, focused), or negative (anxious, frustrated, guilty).

1.

2.

3.