

Coaching Plan

Name:

Date:

Address:

Phone no:

Name of coach:

Start date:

End date:

Key motivations for learning technology

(Conversation with learner)

Coaching goal

(Overarching aim)

Links to well-being

(Wellness/Reablement)

Strengths identified

Learning styles identified

Coaching action plan

(Steps to achieve coaching goal – also refer to session plan template)

