



## Presentation Preparation Worksheet

### Coaching Worksheet

Topic	Business, Personal, Family
<b>Purpose</b>	I would like the group's experience that will help me with...
<b>Boundaries</b>	I don't want to get into....
<b>Obstacles</b>	Things that get in the way are....
<b>Feelings</b>	Sad, Mad, Glad, Ashamed, Afraid
<b>Cause for feelings</b>	
<b>Communication Starter</b>	Tell us about a time that you were _____ due to (Cause)

### Presenter Outline

#### Background

#### Current Situation

#### Options I've considered

#### Future Implications