Emotional Resilience & Management

5-Session Coach + Client Worksheet Package

Designed as a folder-ready coaching pathway. Each session has a coach sheet and a client sheet, followed by a progress/review page.

Frameworks used: Powerful Questions / 51 Curious Questions, LAST, Feelings Inventory, Core Values, Intentional Change Theory, Experiences–Growth–Contribution, LERR, AWESOME goals, Lofty Questions and accountability.

Scope note: These worksheets support coaching conversations. For relationship concerns involving abuse, coercion or immediate safety concerns, use appropriate professional/safety resources rather than treating the worksheet as a substitute for them.

Session 1 — Coach Sheet

Theme: Name what is here

Session objective

Use feelings language to help the client identify and describe their experience.

Opening / Powerful Question

What are you focused on?

Follow-up question

Tell me more about that

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 1 — Client Sheet

Today's theme: Name what is here

Opening question

What are you focused on?

My response

Explore

Tell me more about that

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What are you feeling right now?

My answer in the present tense

One action I commit to before the next session

Session 2 — Coach Sheet

Theme: Create space

Session objective

Notice fear, tension and patterns without rushing to fix them.

Opening / Powerful Question

What scares you?

Follow-up question

How do you deal with 'new'?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 2 — Client Sheet

Today's theme: Create space

Opening question

What scares you?

My response

Explore

How do you deal with 'new'?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What happens when you give this feeling some space?

My answer in the present tense

One action I commit to before the next session

Session 3 — Coach Sheet

Theme: Investigate

Session objective

Explore meaning, beliefs and learning connected to the experience.

Opening / Powerful Question

Is it true?

Follow-up question

What is the learning in this experience?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 3 — Client Sheet

Today's theme: Investigate

Opening question

Is it true?

My response

Explore

What is the learning in this experience?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What is this experience showing you?

My answer in the present tense

One action I commit to before the next session

Session 4 — Coach Sheet

Theme: Nurture and choose

Session objective

Identify a supportive response, small action and available support.

Opening / Powerful Question

What is the small step you can take towards this big dream?

Follow-up question

Do you ask when you need help?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 4 — Client Sheet

Today's theme: Nurture and choose

Opening question

What is the small step you can take towards this big dream?

My response

Explore

Do you ask when you need help?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What response would support you now?

My answer in the present tense

One action I commit to before the next session

Session 5 — Coach Sheet

Theme: Build resilience

Session objective

Review what helped, what was learned and how to continue practicing.

Opening / Powerful Question

What are you focused on?

Follow-up question

What is the outcome you are looking for?

LAST prompts

LISTEN — What words, energy or shifts do I notice?
ACKNOWLEDGE — What can I reflect back without adding my interpretation?
SENSE — What may be happening beneath the words?
TEST — What question could gently challenge or expand awareness?

Coach observations / patterns / strengths

Client insight or realization

Action / experiment / accountability

Session 5 — Client Sheet

Today's theme: Build resilience

Opening question

What are you focused on?

My response

Explore

What is the outcome you are looking for?

What I notice / understand

Feelings check-in

Circle or write feelings that fit: calm • curious • confident • hopeful • grateful • inspired • joyful • peaceful • afraid • worried • frustrated • angry • sad • confused • overwhelmed • other: _____

What am I feeling? What might matter underneath it?

Lofty Question

What resilience practice will you continue?

My answer in the present tense

One action I commit to before the next session

Emotional Resilience & Management — Progress & Review

Use after Session 5 to capture learning and the client's chosen direction.

Biggest insight across the 5 sessions

What has changed in my thinking, feelings or behavior?

Strengths and resources I discovered

What I want to continue practicing

Who / what can support me

My next 30-day commitment

My next coaching focus

Client's own definition of success going forward:

In my own words