

Keep the Progress Coming – How to Continue Your Client's Progress after Coaching Sessions End

Introduction

Once your sessions are over, your client still has work to do and you should create a plan that helps them continue growing.

- **A Long-Term Action Plan**

Create a long-term action plan for your client and walk them through it at your last session.

- **Be Your Own Coach**

Teach them the skills you've used to coach them so they can be their own coach.

- **Establishing Accountability**

Set the client up with an accountability partner to keep them on track when you're no longer there for them.

- **A Space for Your Clients**

Create Facebook groups, forums or membership sites where former clients can support each other.

Conclusion

At the end of your sessions, review the entire process with the client.