



## Coaching Exercise: “Moving On” Follow-Up

- What is the goal you have detailed on your goal setting worksheet? Have you taken steps toward that goal throughout the course of this program? Have you achieved the goal? If not, what do you still need to do to achieve it?
- Did you have other goals throughout your time in Women's Money Matters? Did you make progress toward, or achieve, those?
- What were the biggest challenges you faced while in Women's Money Matters? How did you work to overcome them? Would you do anything differently if you could go back and face this challenge again?
- What motivated you to work toward your goals? Why?
- What was helpful to keep you on track toward your goals?
- What is something you still want to accomplish after the formal Women's Money Matters program ends? How will you work to achieve that goal?
- How will we (coach and participant) work together after tonight? (For example, celebrate our accomplishments at graduation next week and say goodbye; keep meeting 1:1 every few weeks through a particular date; be available as questions or challenges come up to answer questions; anything else that works for you!)

Congratulations on your completion of the program!