



# Kairos Pathways

Helping you through life's defining moments.

## Coaching Tracker (Progress Report)

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### Section 1: Assessment Information

Coach:

Date: (YYY-MM-DD) Session#:

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### Section 2: Session Focus

**What was the central theme or topic of today's session?**

(e.g., life transition, emotional block, purpose work, masculine/feminine dynamics)

**What stood out? What insight, realization, or shift did you notice?**

**What emotions or bodily sensations came up during the session?**

**Was there a release, breakthrough, or inner opening?** ☐ Yes ☐ No ☐ Partial

**What invitations, practices, or intentions are being carried forward?**

(e.g., journaling, embodiment work, conversation, rest, rituals)

**What feels different now than when the session began?**

**What would you like to revisit next time?**



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Additional Notes: