



# *Sacred Depths* Certification

## **Sacred Depths Co-Coaching Experience** **PREP & MACRO INTENTIONS DOCUMENT** **Intentions**

Co-Coaches: \_\_\_\_ & \_\_\_\_

Coaching duration: Month/Year - Month/Year

Date created: \_\_\_\_

### **As a coach**

**What are my intentions as I step into coaching my SD coaching partner?**

**What are the growth edges I want to be working on as I coach my SD coaching partner?**

## As a coachee

**What are goals I have for the next 10 months?**

**What are my overarching intentions for our coaching sessions?**