

## High Impact questionnaire



Welcome to this coaching session let's hope we get some good wind and weather.

I'll be focusing on your personal requirements at the coaching session so in order for me to do that I really need the boat' view of where you think the biggest gains can be made and what your focus is for the session.

If both helm and crew can take a few minutes to brainstorm a list of topics that would have **maximum impact** upon then prioritise them, this'll be a great start for the session and it'll help me to set up some exercises specific

*Brainstorm topics and write below - then prioritise them ...*

Continue on separate sheet if required

needed to get an 'inside

report on your results and  
provide it for you.

<b><i>Priority</i></b>