

OSCAR Template

Name of coachee:

Date:

Time:

<p>O</p> <p>Outcome (Your Destination)</p>	<p>What would you like to achieve from today's session?</p>
<p>S</p> <p>Situation (your starting point)</p>	<p>What is the current situation?</p>
<p>C</p> <p>Choices and Consequences (Your route options)</p>	<p>What options can you choose from? What are the consequences of each choice? What are the best options to choose?</p>
<p>A</p> <p>Action (Your detailed plan)</p>	<p>Based on your choices, what actions will you take, when, and on a scale of 1 to 10 how committed are you to taking them?</p>
<p>R</p> <p>Review (Making sure you are on track)</p>	<p>What date will we review your progress and what steps are you going to take to review your progress?</p>