

# Private Session Strategy/Analysis Worksheet

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Date of Lesson: \_\_\_\_\_ Instructor: \_\_\_\_\_ Instructors Level: \_\_\_\_\_

What are your main problem areas?

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What is it that you want the instructor to help you with? (Be specific and you must have questions ready before going to your session!)

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How was your private session experience with this instructor?

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Did he/she help you with your problem? If so, then how? If not, why?

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How do you plan on implementing what you learned from your private session in your training?

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Would you take another private session with this instructor? (Circle One): Yes / No / Maybe