Reflection accelerates learning

Following a coaching session, use the questions below to help you reflect; simply answer those which feel relevant or helpful (writing by hand is best). Alternatively, on blank paper, write your account of the session, e.g. ‘here’s what happened’.

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| Candidate/ Coach Name |  | Date of Session |  |

1. What happened during the coaching session that seems important to notice?

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1. As an effective coach, what did I do well /what am I pleased with?

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1. What was I less pleased with, e.g. that I’d like to do better next time?

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1. Going forward, what do I want to do more of, or less of?

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1. What other thoughts am I having now?

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Actions / General Notes

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