## To build your CDP, first consider:

### From your coaching practice sessions:

* + Your own ideas/experience
  + Your learning review notes, e.g., ‘what are my main areas/themes of learning?’
  + Any feedback you received from facilitators or colleagues

### Your coaching experience in the workplace so far:

* + Feedback from the people you have coached, e.g. your coachees
  + Your own views or self-perception
  + Your post session Reflection Notes

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| 1. Existing strengths, things you are good at, totally comfortable doing, etc. | |
| Q. What are your existing coaching strengths? |  |
| Q. How/where can you use these strengths immediately for maximum benefit? |  |
| Q. How can you build on these strengths going forward? |  |
| 2. Specific development needs | |
| Q. What coaching skills or behaviours do you want to get better at? |  |
| Q. Why is this important to you? E.g. how will this create benefit for you or others? |  |
| Q. How you will know you are being successful? E.g. what will be different? |  |

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| 3. Get into Action | |
| Q. What do you need to do, to make progress with your development?  Consider (think about):   * What will you do? (More of/less of?) * Where, when and with whom will you do this? * When you know you’ve made progress with this area, how will that feel? |  |
| 4. Overcome potential blocks and barriers | |
| Q. What are the potential barriers to making progress, (what might stop you?) and how will you overcome these? |  |
| Q. How can you support your own progress? |  |
| Q Who might help you with this? (get some support) |  |
| 5. Additional areas of interest or study | |
| Q. What else, e.g. other topics or skills, are you interested in, that might support your personal and professional development?  This can be anything. |  |