

Questions for Reflection (Coach)

Reflection accelerates learning

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

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

2. As an effective coach, what did I do well during the conversation / what was I pleased with?

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

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4. Going forwards, what do I want to do more of / less of?

5. What other thoughts am I having now?

Actions / Notes