



## Post-Coaching Session Tool for Self-Reflection

Coach: \_\_\_\_\_ Date/Time of Coaching Session: \_\_\_\_\_

Coach Partner: \_\_\_\_\_ Date/Time of Post-Coaching Session reflection: \_\_\_\_\_

<u><a href="#">Coach Competencies</a></u>	<i>When working with my coaching partner, I:</i>				<i>Notes and examples of how this was shown:</i>
<b>Coaching Awareness</b>	Maintained an awareness of my own feelings, biases, beliefs, and body language?	Yes	No	N/A	
	Used a reflective perspective to build my coaching partner's own awareness?	Yes	No	N/A	
	Kept a warm, relaxed, and present stance?	Yes	No	N/A	
	Preserved confidentiality and privacy?	Yes	No	N/A	
<u><a href="#">Coach Competencies</a></u>	<i>When working with my coaching partner, I:</i>				<i>Notes and examples of how this was shown:</i>
<b>Growth &amp; Outcomes</b>	Remember to point out what my coaching partner did well since we last met?	Yes	No	N/A	



	Used assessment or observation tools to help promote my coaching partner's strengths?	Yes	No	N/A	
	Balanced action-oriented conversations with reflection on recent experiences and pressing needs?	Yes	No	N/A	
<u><a href="#">Coach Competencies</a></u>	<b>When working with my coaching partner, I:</b>				<b>Notes and examples of how this was shown:</b>
Communication	Used sensitive, culturally responsive communication?	Yes	No	N/A	
	Asked questions to gain clarity?	Yes	No	N/A	
	Summarized and paraphrased to achieve understanding?	Yes	No	N/A	
<u><a href="#">Coach Competencies</a></u>	<b>When working with my coaching partner, I:</b>				<b>Notes and examples of how this was shown:</b>
Shared Power	Considered the impact of culture and bias on our relationship, and the way my coaching partner works?	Yes	No	N/A	



	Maintained an awareness of my role's perceived power on the impact of our coaching relationship.	Yes	No	N/A	
	Created and held space for an authentic relationship?	Yes	No	N/A	
	Worked to build trust?	Yes	No	N/A	
<u><a href="#">Coach Competencies</a></u>	<b><i>When working with my coaching partner, I:</i></b>			<b><i>Notes and examples of how this was shown:</i></b>	
<b>Joint Planning</b>	Supported the coaching partner to develop their own goals, rather than tell them what to do.	Yes	No	N/A	
	Created and updated agreements and action plans.	Yes	No	N/A	
	Revisited previously made goals?	Yes	No	N/A	



## **Reflective Questions to Consider (Pick one question to reflect on further before your next coaching session):**

- Did I give myself adequate time and space between or after coaching sessions to reflect?
- What's my plan to be more aware next time?
- Was I effective in leaving my personal problems out of the session?
- How can I incorporate my personal goals for developing my skills as a coach in the session to continue to grow and be more effective with my work?
- Overall how was this experience?
- Timeliness - did I reflect back within an hour of my session?