



Post-Coaching Session Tool for Self-Reflection

Coach: _____ Date/Time of Coaching Session: _____

Coach Partner(s): _____ Date/Time of Post-Coaching Session reflection: _____

<u>Coach Competencies</u>	<i>When working with my coaching partner, I:</i>	<i>Degree indicator was experienced:</i> <i>1(low) to 5(high)</i>	<i>Key reflections and observations:</i>
Coaching Awareness	Maintained an awareness of my own feelings, biases, beliefs, and body language?		
	Applied a reflective perspective to build my coaching partner's own awareness?		
	Kept a warm, relaxed, and present stance?		
	Preserved confidentiality and privacy?		
Growth & Outcomes	Highlighted what my coaching partner did well since we last met?		
	Considered how assessment or observation tools and data can promote my coaching partner's strengths?		
	Balanced action-oriented conversations with reflection on recent experiences and pressing needs?		



<u>Coach Competencies</u>	<i>When working with my coaching partner, I:</i>	<i>Degree indicator was experienced:</i> <i>1(low) to 5(high)</i>	<i>Notes and examples of how this was shown:</i>
Communication	Used sensitive, culturally responsive communication?		
	Asked questions to gain clarity?		
	Summarized and paraphrased to achieve understanding?		
Shared Power	Considered the impact of culture and bias on our relationship, and the way my coaching partner works?		
	Maintained an awareness of my role's perceived power on the impact of our coaching relationship?		
	Worked to build trust?		
Joint Planning	Supported my coaching partner to develop their own goals, rather than tell them what to do?		
	Created and updated agreements and action plans?		
	Revisited previously made goals?		



Reflective Questions to Consider:

Coaching Awareness

- Did I give myself adequate time and space between or after coaching sessions to reflect?
- Was I effective in leaving any personal issues out of the session?
- Other: _____

Growth & Outcomes

- 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?
- Do I need to reach out to anyone for support, reflection, debrief or next steps?
- Other: _____

Communication

- How will I follow up with my coaching partner?
- Do I need to reach out to anyone for support, reflection, debrief or next steps?
- Other: _____



Shared Power

- Was I responsive to any linguistic or other individualized needs for adapting our coaching session?
- What did I learn about my partner's cultural perspectives?
- Other: _____

Joint Planning

- How did my coaching partner and I equally contribute to the conversation?
- How did I work to put information into practice together with my coaching partner?
- Other: _____

Additional Reflections: