

# COACHING REFLECTION TOOL

Coach Self-Assessment questions and their corresponding continuums:

*Complete this reflection shortly after each coaching session to enhance your coaching practice and develop your skills.*

Date: \_\_\_\_\_ Coachee: \_\_\_\_\_

## 1. What went particularly well in this coaching session?

Consider your listening skills, questioning technique, and the coachee's engagement level.

---

---

---

## 2. How effectively did I create a safe and empowering space?

Reflect on trust-building, empathy, and the overall atmosphere of the conversation.

---

---

---

## 3. Which questions generated the most insight or forward movement?

Note specific questions that seemed to unlock new perspectives or possibilities.

---

---

---

## 4. What could I have done differently to make the session more effective?

Be honest about missed opportunities or areas for improvement.

---

---

---

**5. What patterns am I noticing with this coachee?**

Consider recurring themes, strengths, obstacles, or behavior patterns.

---

---

---

**6. What specific actions will I take to improve my coaching approach?**

Identify concrete steps to enhance your coaching effectiveness for this coachee.

---

---

---

## Action Plan for Next Session

**Key topics to explore:**

---

**Coaching approaches to utilise:**

---

**Resources or models to introduce:**

---

**Personal coaching skill to focus on developing:**

---