Student Coaching

Reflection Form

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| Coach: | Client: |
| Date of session: | Length of session: |
| Location of topic on Map of Mastery:  Coach to: | |

1. How did I feel about the overall flow of the coaching session? Did I listen more than talk?
2. Did I feel any desire to “solve it” for my client?
3. What steps did I take to 1) clarify their agenda 2) define take-aways?
4. Did I fall into judgment, collusion or sympathy in this session? If yes, how could I avoid this in the future?
5. Am I giving myself permission to stretch, feel vulnerable and make “mistakes”?
6. What improvements would I make next time?
7. What areas of the session did I feel masterful or comfortable with?
8. What burning questions do I have for my instructor? (Bring these to the tele-class)

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