

COACHEE REFLECTION TEMPLATE

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www.darlington.gov.uk/dar_public/.../COACHING%20LOG.doc](http://www.wales.gov.uk/psmwsubsite/psmw/personaldev/coachmentor/coaching/publications/www.darlington.gov.uk/dar_public/.../COACHING%20LOG.doc)

‘The foundation of the self-improvement process is your desire to learn more and willingness to change in the pursuit of personal excellence....good coaches seek constant improvement in their search for personal coaching excellence.’

Name:.....

Date:.....

Describe the coaching session in three words.

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Describe one situation that really went well and explain why it was effective.

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List the challenges you experienced. Was anything uncomfortable?

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Are there things you now know that you didn't know before the session?

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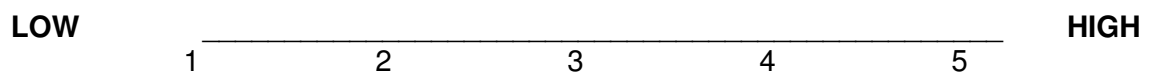
Did you find something out about yourself?

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Explain what you liked about the session and why you liked it?

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On the scale of 1 to 5 below, how motivated are you to change?



Note any other general reflections or observations:

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