

COACHING REFLECTION TEMPLATE

[www.wales.gov.uk/psmwsubsite/psmw/personaldev/coachmentor/coaching/publications/
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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How did you build rapport with the coachee?

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What were the aims or learning outcomes of the session?

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

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List any challenges experienced and explain how you resolved them.

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Describe a situation in which you were ineffective and explain why.

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Did you do anything new in the session?

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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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What was satisfying about the session?

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List the improvements you wish to make and suggest a plan of action and when you will implement them.

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Note any changes you made based on a previous entry and any further action you may now want to take.

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Note any other general reflections or observations:

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