

Questions for Reflection (Coachee)

Reflection accelerates learning

Following a coaching session, use the questions below to help you reflect; simply answer those which feel most relevant or helpful (writing by hand is best). Alternatively, on blank paper, write your account of the session, e.g. 'here's what happened'.

1. What happened during the coaching session that seems important now?

2. What are the key thoughts arising from the session, e.g. what ideas or insights do I want to focus on?

3. What actions or decisions do I want to take now? (what, when etc.)

4. What might stop me? (or how might I stop myself?)

5. What else do I want to remember?

Actions / Notes