



Coach Approach | Coach's après réflexion

After each formal coaching session, review the following reflective questions to self-assess your use of core coaching competencies. For each question, score yourself using the legend provided. The goal is to identify areas for growth and set a focus for improvement in your next session.

2: You did the first option most of the time. 1: You occasionally did the second option.
0: You often did the second option.

1	Did I listen more than I talked? Or was I talking more than I listened?	<input type="checkbox"/>
2	Did I listen at a level 3 (complete focus on the other person)? Or did I listen at a level 2 (focusing on myself and the coachee and back to myself)?	<input type="checkbox"/>
3	Did I ask one open-ended question at a time avoiding questions that start with 'why' to prevent the coachee from being on the defensive? Or did I stack my questions?	<input type="checkbox"/>
4	Did I set a clear contract to define the coaching dialogue? Or was it unclear what the coachee wanted to walk away with?	<input type="checkbox"/>
5	Did I keep myself sensitive and open to the coachee's situation, whatever that may be? Or was I talking about what I think the problem is?	<input type="checkbox"/>
6	Did I seek to understand the coachee? Or was I spending a lot of time trying to convince the coachee to understand me and my ideas?	<input type="checkbox"/>
7	Did I value the coachee's opinion more than my own? Or was I given more value to my viewpoint?	<input type="checkbox"/>
8	Did I share my expertise or experience in a way to create a shift in belief, attitudes, judgements, assumptions, perceptions? Or did I offer a suggestion when one was not asked?	<input type="checkbox"/>
9	Did I call out (make an observation) a challenging belief, attitude, judgement, assumptions or perceptions that is preventing the coachee from moving forward? Or did I let it go and not point it out?	<input type="checkbox"/>
10	Did the coachee walk away with an action plan that they summarized? Or did I suggest an action plan and/or summarize the next steps for them?	<input type="checkbox"/>
11	Did I support the coachee getting clear on how they will proceed in detail with their next step? Or are they walking with a general action step that is not detailed?	<input type="checkbox"/>