

REFLECTION OF COACHING EXPERIENCE

The reflection should:

- Include brief summary your personal thoughts about your experiences as a coach.
- Discuss any components you feel you did not effectively address in your transcript
- Address the following components of the coaching framework:
 - coaching spirit,
 - communication strategies,
 - application of behavioral theories,
 - creating the alliance,
 - exploration,
 - setting agreements/action planning.
- Your reflection should answer most if not all of the following questions:
 - How do you feel about your coaching abilities in these areas?
 - What development or growth have you noticed about your personal coaching abilities?
 - Where are you excelling?
 - Where do you feel you could use room for improvement?
 - What are your goals for continuing to improve your coaching abilities?
- ***There is not a maximum page limit for reflections,*** it should be as long as necessary to address each component