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.