**COACH REFLECTIONS**

(This form must be completed after each coaching session we have delivered to reflect and understand what went well, and areas we need to work on)

**NAME OF COACHEE:**

**ORGANISATION**

**DATE:**

**REFLECTION FOR COACHING SESSION NUMBER:**

**Coaching Model and Diagnostics used for this session:**

**Coaching approach review**: (How is the relationship with the coachee, how did I use my open ended questions, how did my active listening and feedback techniques work in this session?)

**What do I feel I did well?**

**What do I feel I could improve with this coachee, in future sessions?**

**End of session feedback from coachee: (remember to ask the coachee briefly how they felt this session went).**