

COACHING JOURNAL

SESSION REFLECTION FOR COACHEES & MENTEES

Micarlib
COACHING • CONNECTION • CHANGE

Date:

MY
PREPARATION

HOW AM I
SHOWING UP
TODAY?

WHAT WOULD
MAKE THE
COACHING SPACE
SAFE FOR ME?

WHAT DO I NEED
TO REMEMBER?

ONE WORD
CHECK-IN

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MY WINS:

MY BLIND SPOTS:

MY AHA MOMENT:

WHAT I'M NOT
SAYING:

COACHING
SESSION

WHAT AM I NOTICING
RIGHT NOW?

HOW IS THE
RELATIONSHIP
WORKING?

WHAT WILL I STOP/
START/ CONTINUE

ONE WORD CHECK-OUT.

MY
REFLECTIONS