

COACHING JOURNAL

SESSION REFLECTION FOR COACHES & MENTORS

Micarlib
COACHING • CONNECTION • CHANGE

Date:

MY
PREPARATION

HOW AM I
SHOWING UP
TODAY?

HOW WILL I
CREATE A SAFE
SPACE?

WHAT DO I
NEED TO
REMEMBER?

ONE WORD
CHECK-IN

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COACHING
SESSION

CLIENT
WINS:

BLIND
SPOTS:

AHA
MOMENT:

DOOR
HANDLE
REMARKS:

MY
REFLECTIONS

WHAT AM I NOTICING
RIGHT NOW?

HOW IS THE
RELATIONSHIP
WORKING?

WHAT WILL I STOP/
START/ CONTINUE

ONE WORD CHECK-OUT.