

Coaching Preparation For:

**Objectives for Coaching Session**

- 1.
- 2.
- 3.

**When, Where and Time Constraints**

**Style & Versatility Analysis**

Notes

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**COACHING FEEDBACK**

From:

To:

Area	Feedback
Set a time constraint?	
Built rapport?	
Used GROW effectively?	
Demonstrated the coaching skills? <input type="checkbox"/> Advocacy & Inquiry <input type="checkbox"/> Listening & Feedback	
Used the right balance of Directive (Tell) and Non-directive (Ask) behavior?	
Used clear and concise language	
<u>Coach Only:</u> What worked well for you? What felt clumsy? What would you change with a 'Do-Over'?	