



ACC-LEVEL COURSE REFLECTIONS

Please respond to the following questions and then submit your responses via email or online learning portal.

- 1** | How has your understanding of coaching and its practices changed as a result of participating in the Coaching School?
- 2** | In what ways has the Coaching School experience increased your capacity to lead others, and to lead transformation?
- 3** | Which coaching concepts, models, or approaches covered in this course did you find to be most helpful when coaching others?
- 4** | Which coaching skills/competencies covered in this course did you find most relevant to your life and work settings?
- 5** | Which of the 8 core coaching competencies do you feel like you mastered to a certain degree? Which one needs more consistent attention?
- 6** | What scripts will you use to invite people into a coaching conversations with you?
- 7** | What scripts will you use to define/brand the uniqueness of your coaching?
- 8** | What scripts will you use with a client to launch into a coaching session?
- 9** | How will you be applying your coaching skills a year from now? What steps will you take in the next 90 days to fulfill your coaching dreams?
- 10** | What can STS staff do to support your ongoing development as a coach?

