

Coach Reflection: Stage of Exploration

1. What am I looking forward to in coaching this client?
2. What might be challenging about working with this client?
3. Which coaching skills might I need to develop in order to be effective with this client?
4. What additional knowledge do I need to hone up on in order to support this client?
5. On a scale of 1-10, how willing am I to coach this client? What is it that is keeping my will below a 10? What could I do to increase my motivation?
6. What is it about me—my background, experiences, race/ethnicity, gender, age, or other—that might be an asset in my coaching with this client?
7. What is it about me—my background, experiences, race/ethnicity, gender, age, or other—that might present a challenge in my coaching with this client?
8. Is this client likely to push any of my buttons?
9. Who does this client need me to be? What would that look like, sound like, feel like—to me and the client? Can I visualize being this person? Am I willing to be this person?
10. Who does this school-community need me to be? What would that look like, sound like, feel like to me and the school-community? Am I willing to be this person?
11. Are there any contradictions between who my client needs me to be and who the school-community needs me to be? How might I deal with these contradictions?

