

Prompts for Daily or Weekly Reflection

1. What happened in today's coaching session?
2. What did you notice about your client?
3. What did you notice about your own coaching? About your thoughts and feelings today?
4. What kind of impact did your coaching have on your client today? How do you know?
5. When did your coaching feel effective today? What made it feel that way?
6. Was it possible that your client had any "aha" moments today? What led to that moment?
7. What was challenging for you in today's session?
8. What did you notice about your own listening? About your inner dialogue?
9. What do you appreciate about your own coaching today?
10. What would your client say about your coaching today?
11. What do you think was "not said" by your client today?
12. Was your client sharing any stories today? Were these new stories or ones she's told in the past?
13. What indicators were there today that your client made progress towards her goals?
14. Where do you think your client is ready to go next?
15. What are you curious about or do you want to learn more about?
16. What is your next coaching move?
17. What would help your client move forward?
18. What do you want to do or say in your next meeting?

Prompts for Occasional Reflection

1. What do you enjoy about coaching? What draws you to this practice?
2. When have you felt particularly effective as a coach? What happened?
3. How does coaching align to your core values?
4. What do you see as the possible effect or potential of coaching?
5. What's challenging about coaching? When do you feel frustrated or ineffective?
6. What kind of client (gender, age, race, background, experience, and so on) seems the "easiest" for you to coach? What makes coaching him or her easy?
7. What kind of client feels the "hardest" to coach? What makes coaching him or her hard?
8. What personality types feel easy and challenging to coach? What comes up for you when you need to coach someone whose personality is very different from your own?
9. What kinds of thoughts go through your mind when you are introduced to someone who comes from a very different background than you? Who seems very different than you?
10. Think of a client with whom you struggled. What might he or she have said or thought about you? What would his or her "side" of the story be?
11. Consider your initial beliefs about a client's capacity to grow with what actually happened as you coached him or her. What happened? What did you learn that you might apply when working with future clients?
12. What metaphor could represent what coaching is to you?
13. What are you learning about yourself through coaching?
14. What would you like to pay more attention to?
15. What do you want to stay curious about?