

Reflective Prompts for a Coach

Prompts for Daily or Weekly Reflection

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

Prompts for Occasional Reflection

- What do you enjoy about coaching? What draws you to this practice?
- When have you felt particularly effective as a coach? What happened?
- How does coaching align to your core values?
- What do you see as the possible effect or potential of coaching?
- What's challenging about coaching? When do you feel frustrated or ineffective?
- 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?
- What kind of client feels the "hardest" to coach? What makes coaching him or her hard?
- 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?
- 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?
- 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?
- 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?
- What metaphor could represent what coaching is to you?
- What are you learning about yourself through coaching?
- What would you like to pay more attention to?
- What do you want to stay curious about?