



Towercourt Training Solutions Ltd
Course: Coaching Skills

Coaching reflection

Reflect below on how well you managed the session, including your skills, knowledge, and behaviour; what went well and why, and how you could improve

Introduction & explanation of role (building rapport):	
Establishing session goals:	
Use of GROW model:	
Questioning techniques & types of questions used:	
Listening skills demonstrated:	
Giving appropriate & constructive feedback:	
Overall, what went well & what did not go so well:	
Actions to improve:	