

## COACHING SESSION - REFLECTIVE LOG

### Area for reflection

Reflect on each session to review your coaching or mentoring. Use any feedback from the client and supervisor/tutor received. Give specific examples where possible.

Overall how did the session go?

What coaching or mentoring model or tools did I use? Justify your use of these.

How well did I listen?

How was my questioning technique? (give examples of questions used and impact of those)

Feedback received from client and/or supervisor

Was I ethical, and non-judgemental?

How well did I give feedback?

**Area for reflection**

Reflect on each session to review your coaching or mentoring. Use any feedback from the client and supervisor/tutor received. Give specific examples where possible.

Based on my reflection and feedback received, what do I need to improve for the next session?