



# COACHING SKILLS: THE ROAD TO REFLECTION

## 1 CLARIFY THE GOAL

What did we intend to achieve? What changes/iterations did we make, and why? How did these changes effect our outcome?



## 2 WHAT DO WE KNOW?

What did we achieve? How do we know? How did it reflect our original picture of success? What do we know now, that we didn't know before?



## 3 HOW DID IT GO?

What approaches did we try, and in what ways were they effective? What were the strengths and challenges?



## 4 HOW DID WE GROW?

What did we learn from each other that we might not have learned on our own? What would we want to change/try next time, and why? What are we most proud of?