



## End of year coaching reflections

Taking time out to reflect on our coaching is a key component for development. The end of the year is a great opportunity to set some time aside and really immerse yourself in your coaching practice and YOU!! Get yourself a cuppa and ENJOY the process!

List everyone you have worked with this year:

Who stands out for you and why?



What do you learn from this?

What coaching skills have you made progress with this year?

When you look back over the year what do you feel?



When you look back over the year what do you think?

What are you most proud of from a coaching point of view?

How would you describe your coaching approach?

What one word or image are you going to take with you into 2022?