Learning Log and Reflective Journal

What are you logging today? Date: 23/11/24

- ☐ **Class-based training hours and coaching practice within a live session**
  - Pre-recorded session, live session, any worksheets provided in the app
  - total of 60 hours needed
  - fill in the learning log below and only do the reflective journal if you want to as an extra extension of your learning
- ☐ **Self-study hours**
  - Time you have spent finding out more about coaching as listed in the self-study requirements and resources list
  - total of 40 hours needed
  - fill in the learning log below and only do the reflective journal if you want to as an extra extension of your learning
- ☐ **Coaching practice hours**
  - Time you have spent coaching an individual or group either outside the Finding What Matters live sessions or as part of the live sessions
  - total of 20 hours needed
  - fill in the reflective journal below if it has been a standard session or the coaching diary if you would like to reflect more deeply on the coaching session for any reason
- ☐ **Reflective group discussion**
  - Time you have spent reflecting on coaching practice together as part of student coaching practice or action learning sets
  - no time specified in the accreditation criteria
  - fill in the learning log below and only do the reflective journal if you want to as an extra extension of your learning

Reflective Journal

Reflection is an important part of coaching. Looking back at your experiences as a coach will improve your practice. The purpose is to use your insights to develop practical strategies and techniques that you can use to improve your practice. For a more detailed reflection on coaching please use the Coaching Diary.

I planned: Things may unfold differently to your expectations, and it is good to be aware of what the plan was.

Client had requested a coaching session following a difficult period of time with children and family. I planned to listen deeply and do my best to find out what is underneath her current distress.

What happened? This can include your behaviour and the behaviour of the other people involved.

She was distressed during the session as expected. I needed to listen for quite a large portion of the session and explore very small, manageable options between now and the next session. (3.5, 8.1, 9.2)

1) **What went well?** List as many things as you can, including the small details.

   She was able to offload quite a bit about the challenges she has been experiencing and was able to uncover a root cause that was causing more distress than she realized. (3.3, 3.4, 4.1)

2) **What didn't go so well?** There may have been several things. You are welcome to list them and then focus on one or two that seem most important.

   It took quite a bit of time to get to the root of the challenge. This meant that there was less time to focus on appropriate

actions. We did agree a small action she could take to help herself manage some of the overwhelm. (4.5, 6.2)

3) **What could I do differently in the situation next time?** This can include your behaviour, your attitude, your listening and the skills/knowledge you used.

When I have an hour session with a client, I need to keep a clear eye on the time, and be prepared to check in with the client that this is using the time in the way that they want to.

4) **How was I feeling at the time?** Identify as many feelings as you can, along with the strength of the feelings, and any reasons you can identify for the feelings.

I notice how many different things the client is attempting to juggle, and how tough that is in real time. There is not much space for proactive action at the moment, as much is firefighting.

5) **What sensations did I notice in my body?** What were the sensations? Where did you notice them in your body?

I noticed that I felt tension in my body when the client was talking about the unknown of the next provision for their child. I noticed the parallels with my own situation with one of my children and how that made me feel in my body. I parked that while I was coaching and came back to it after the session

6) **What was I afraid of?** What did you notice?

That we would get to the end of the session without a positive forward action agreed.

7) **Why did that matter?** Perhaps you noticed something at the time, or perhaps something is important.

I notice how the client is feeling overwhelmed and finding a number of different things challenging and I would like one thing for her, in amongst it all, that can help to nourish her during this difficult time.

8) **What did my inner child need?** Can include safety, security, fun, creativity, love, connection, to feel like they matter, growth, to be able to give.

Some reassurance that it will all be ok, for my coaching client and their child, for myself, and for my child.

I could give reassurance that the adults are all committed to exploring options that can meet their children's needs and this will continue no matter what.

9) **How could this understanding influence my parenting?** Include what you can take from this reflection that would be helpful for your own parenting.

Notice where I am at with my own journey and notice how I need to prioritise myself and my family so that we do not reach overwhelm.

10) **What would Love say about this?** This is an opportunity to explore through the lens of love.

You are all doing an amazing job in some really difficult circumstances. A step at a time. A breath at a time. Things are gently moving towards a more positive outcome for you all.

11) **What can I do to nurture myself right now?** Even if it is just for 5 minutes, this is an opportunity for you to

prioritise yourself.

Go for a run with my friend – couch to 5k.

12) What Matters? Please also add these to your Action Plan

Three things I'll do that matter:-	Tick when done
1) Keep my watch on so I can easily track the time	☐
2) Reflect on my progress with my own child and what we need to do next	☐
3) Continue to prioritise the couch to 5k	☐