Critical Reflection Sheet

This form captures two sessions that you do with a coachee and demonstrates you meet criteria for the Association for Coaching (see below).

The sessions can be at any stage of the coaching relationship. They do not need to be the first two sessions you have with a client. The sessions do not need to be consecutive. They could be the 5th and 9th session you have with a client. The sessions do not need to be with the same client.
This is about showing your own understanding of how to use theory to increase your own coaching skills and knowledge.

The first session you want to focus on:

You reflect on the first session you want to focus on, using the client's feedback and your reflection on theory that related to the session.
Please provide references when you quote or summarise other people's work. You can find out more about how to reference other people's work here: https://www5.open.ac.uk/library/referencing-and-plagiarism/quick-guide-to-harvard-referencing-cite-them-right
Decide what you will do differently in your next session as a result of this critical reflection.

The second session you want to focus on:

You can then undertake your second session with your coachee, doing things differently as you wrote about in your critical reflection. You can reflect again on this second session, notice what went well and what you would do differently in future.

Criteria:
This worksheet meets the following criteria for the Association for Coaching:
9c) Acts on own critical reflections and client feedback to improve coaching practice

Critical Reflection Sheet

Date of session with client (Session 1):

Feedback from client:

My reflection on a session I had with a client:

What theory this relates to:

How the theory relates to my reflection and the coachee feedback:

What I plan to do differently to improve my coaching practice as a result of this critical reflection:

Critical Reflection Sheet

Date of session with client (Session 2):

Feedback from client:

My reflection on a session I had with a client:

What theory this relates to:

How the theory relates to my reflection and the coachee feedback:

What I plan to do differently to improve my coaching practice as a result of this critical reflection: