

Becoming a Self-Reflective Practitioner

The primary means for gaining access to our inner wisdom is with reflection and inquiry. Tapping into our “positive energy” can support us through the process of learning and growth, with its occasional setbacks.

Reflect on these questions/inquiries after your coaching conversation. Questions can be addressed for reflection in the moment, or pondered over time. Suspend self-judgment and build on your strengths:

- Who was I BEING in this conversation?
- What quality of my BEING served me? /my client?
- What were my top three strengths in this conversation?
- What shifted for the client?
- What was my impact in the space? For the client?
- How well did I sustain presence/connection/responsiveness in the moment?
- What was challenging to my self-management?
- What will I acknowledge myself for?
- What did I learn?
- Going forward, how will I apply what I learned?