

Focus on Feedback



- Ask the coach if there anything specific that they want feedback on
- Make notes and offer them to the coach after the session
- Use the AC core coaching abilities as a guide of what to look for
- Coach
 - How did it feel?
 - What went well?
 - What might you have done differently?
- Coachee
 - How did it feel?
 - What was particularly helpful and why?
 - Was there anything unhelpful - what?
- Observer/s
 - What did you see?
 - What did you hear?
 - How did it feel?
 - What strengths did the coach exhibit?
 - What might they have done differently?
 - What potential areas for development did you notice?