

Chapter 8 Reflection Questions: Letting Go of Expectations

Understanding Perfectionist Patterns

1. How does perfectionism manifest in your own coaching practice?
2. What triggers tend to intensify perfectionist responses in your teachers?
3. When has releasing rigid expectations led to better outcomes?

Supporting Balanced Excellence

4. How do you help teachers maintain high standards while developing flexibility?
5. What approaches help you distinguish between healthy striving and harmful perfectionism?
6. Where have you seen success in building sustainable excellence?

Growing Through Practice

7. What structures could better support teachers in developing balanced standards?
8. How might you create safer spaces for experimentation and growth?
9. What systems would help maintain excellence while reducing perfectionist pressure?