

Chapter 9 Reflection Questions: Fostering Gratitude in Coaching Practice

Understanding Appreciation Patterns

1. When have you seen authentic appreciation transform a coaching relationship? What made it effective?
2. How do different teachers and teams prefer to receive recognition?
3. What barriers have you noticed that prevent genuine appreciation in your school community?

Building Sustainable Recognition

4. How do you maintain authentic appreciation amid daily pressures?
5. What structures help embed regular recognition in your coaching practice?
6. Which appreciation approaches seem to create lasting impacts versus temporary effects?

Creating an Appreciation Culture

7. What systems could better support ongoing recognition in your school?
8. How might you help spread appreciation practices beyond individual interactions?
9. What opportunities exist for building stronger appreciation networks?

Engaging in Professional Reflection

10. How do you maintain authenticity in your appreciation practices?
11. What approaches help you recognize growth even during challenging periods?
12. Where could you strengthen your own gratitude practices as a coach?

Focusing on Implementation

13. What specific appreciation practices would you like to develop?
14. How might you better document and celebrate teacher growth?
15. What next steps would help create more systematic recognition in your school?