

Reflection Questions for Deepening Your Coaching Practice

As you begin your journey with empathetic coaching, take time to consider these questions. Your responses will help guide your development and provide valuable context for applying the concepts in upcoming chapters.

Your Professional Journey

1. What experiences or insights have led you to explore empathetic coaching?
2. Which aspects of coaching do you find most challenging right now?
3. What unique strengths and experiences do you bring to your coaching role?

Your Current Context

4. What makes your school community unique? Consider both challenges and opportunities.
5. What pressing coaching situations are you currently navigating?
6. What support systems and resources can you draw on in your coaching work?

Your Growth Goals

7. Which specific coaching skills would you most like to develop?
8. How will you know your coaching practice is growing and evolving?
9. What additional support might you need to achieve your coaching goals?