



COACH:	DATE:
COACHEE:	OBSERVER:

5/5/5 Coaching Skills Training Program™ Elements Observed					
The 5 Step Coaching Exchange Demonstrated		The 5 Core Coaching Skills Demonstrated		The 5 Guiding Principles Demonstrated	
1. IDENTIFY		1. LISTENING		1. BE CURIOUS	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
2. DISCOVER		2. ENCOURAGING		2. BE SUPPORTIVE	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
3. STRATEGIZE		3. QUESTIONING		3. BE ACCEPTING	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
4. CLEAR THE WAY		4. REQUESTING		4. BE FOCUSED	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
5. RECAP		5. ACTION PLANNING		5. BE COMMITTED	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
What worked well?		What worked well?		What worked well?	



MY COACHING ACTION PLAN

COACH:

ONE key thing I commit to STOP doing in coaching is: _____

ONE key thing I will START doing to enhance my coaching presence is: _____

ONE key thing that works well and I shall CONTINUE to do, as a Coach, is: _____

What support do I need to maximize my success? _____

What barrier(s) might get in the way of success and how do I plan to address it/them? _____

When do I plan to carry out this action plan? _____

Who will keep me accountable (and how)? _____

How will I reward myself for wins – no matter how big or small? _____

On a scale of 1 to 10, what is my level of commitment to this action plan? ___/10 .

Review and Action Plan Date: