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| COACH: | DATE: |
| COACHEE: | OBSERVER: |

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| **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**  Thoroughly Not Observed | Partially  Not Assessed | **1. LISTENING**  Thoroughly Not Observed | Partially  Not Assessed | **1. BE CURIOUS**  Thoroughly Not Observed | Partially  Not Assessed |
| **2. DISCOVER**  Thoroughly Not Observed | Partially  Not Assessed | **2. ENCOURAGING**  Thoroughly Not Observed | Partially  Not Assessed | **2. BE SUPPORTIVE**  Thoroughly Not Observed | Partially  Not Assessed |
| **3. STRATEGIZE**  Thoroughly Not Observed | Partially  Not Assessed | **3. QUESTIONING**  Thoroughly Not Observed | Partially  Not Assessed | **3. BE ACCEPTING**  Thoroughly Not Observed | Partially  Not Assessed |
| **4. CLEAR THE WAY**  Thoroughly Not Observed | Partially  Not Assessed | **4. REQUESTING**  Thoroughly Not Observed | Partially  Not Assessed | **4. BE FOCUSED**  Thoroughly Not Observed | Partially  Not Assessed |
| **5. RECAP**  Thoroughly Not Observed | Partially  Not Assessed | **5. ACTION PLANNING**  Thoroughly Not Observed | Partially  Not Assessed | **5. BE COMMITTED**  Thoroughly Not Observed | Partially  Not Assessed |
| What worked well? | | What worked well? | | What worked well? | |

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**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:

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Page 2 of 2