

## My Coaching Action Plan



When I reviewed my recent Coaching Exchange, here are my observations and insights.

Worked well: I will CONTINUE to do:	To enhance my coaching, I will START doing:	What I commit to STOP doing in coaching is:
What will be the impact of doing this?	How will you know you are consistent?	How will you know you have stopped this?
What might get in the way of continuing this?	What might get in the way of starting this?	What might cause you repeat this behaviour?
Who or what will help with this action plan?	How committed are you to this action plan?	What else?