



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	
<b>1. IDENTIFY</b>		<b>1. LISTENING</b>		<b>1. BE CURIOUS</b>	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
<b>2. DISCOVER</b>		<b>2. ENCOURAGING</b>		<b>2. BE SUPPORTIVE</b>	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
<b>3. STRATEGIZE</b>		<b>3. QUESTIONING</b>		<b>3. BE ACCEPTING</b>	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
<b>4. CLEAR THE WAY</b>		<b>4. REQUESTING</b>		<b>4. BE FOCUSED</b>	
Thoroughly	Partially	Thoroughly	Partially	Thoroughly	Partially
Not Observed	Not Assessed	Not Observed	Not Assessed	Not Observed	Not Assessed
<b>5. RECAP</b>		<b>5. ACTION PLANNING</b>		<b>5. BE COMMITTED</b>	
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: